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# MACLEAN'S

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MAY  
26th  
2008

**'This is not  
about politics;  
it is about  
saving people's  
lives. There is  
absolutely  
no more time  
to lose.'**

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## 'Some of Glen Pearson's class may yet rub off on the untutored and the unwholesome'

series over the years. Among them are *The Purple Diaper*, *Blue Master* and *The Reader*. One has to wonder what the cable industry would do with the money it's won the fight. Would it put the savings on the cameras? Would it divert the money to funds such as Rogers Cable Fund and Shaw Cable Fund or would it just be added to the bottom line?

Concerners cannot take the networks or the cable industry seriously when they claim to be representing the consumers' interest rather than their own. *Never*.

### FEMALE FANTASIES

I CONSIDER Karen Carroll to be a Canadian icon. The interview *Reynold Whigie* did with her was fine, but I really do not understand the point of the sidebar article, "The course of Sex and the City," TV, April 28: *Sex and the City* is not responsible for the poor spin-offs coming from this show, nor is it responsible for Lindsay Lohan's disturbing sexual predilection. It is no bad that your author did not understand the point of the show, and why many women (and men) are attracted to it. I should like to develop the female thoughts a bit more, and assuming, but more so with what I call female fantasies:

In a world where women have the desire of being portrayed like Lindsay Lohan, a mother figure, or a career focused bitch, *Sex and the City* offers us four completely different characters whom most women identify with in some way. With the exception of a few episodes, there are no dirty diapers, or rowdy children. There are no dogs peeing in the front hall, or cars crashing apart car toons and frogs. There are no decisions about what to make for dinner, or about needing to have a talk about family expenses, or sharing household chores. What women are up to for about 10 hours and there is always time and money for meals out and to catch up with friends.

Call it feminism, call it empowerment, call it entitlements. It was, until now, a conversation about women and what we could do. *Carrie* Zeta, Calgary

### SEX SELLS MILEY CYRUS

YOUR EDITORIAL on Miley Cyrus is bang on ("A plan for decency in the age of celebrity," From the Editors, May 12). In response to your line, "The exploitation of Miley will,

depressingly, a group effort," I say it was also a money-grab effort: that *Randy Hite* should be interviewed live is kind of photojournalist Ariane Labedzka, a self-taught commercial photographer. But the buck didn't stop there. The magazine had a team of people working together as supposed professionals who made



KIM CATTRALL, *Sex and the City* star

the judgement call to put the photograph in. And it's all for money. Shouldn't these be legal issues with this? Protecting a 15-year-old from being sexualized is everybody's job. The parents, too, claim they had left the shoot when what you call "a near naked shot" was taken, which is probably baloney.

Intelligent people do not accept that kind of moral and blatant greed at the expense of a 15-year-old. The people who would say that this is okay are the same ones who, when they got caught for doing something illegal, when that society should have protected them from the law or the response. It's time the intelligent and moral people of the world made the decision and spread everyone the knowledge.

Angie Denner, Etobicoke, Ont.

ANNE LEBENSTEIN is not a pornographic photographer; she is an art photographer. In art there is a history of appreciation of the human form. The picture in question is not even naked. It has been explored respectfully with the help of peers, perhaps, when women would be less innocent. Should we not allow our daughters to dress up for dinner? Or discuss issues of sexuality openly and non-judgmentally?

Anne Lebenstein, Calgary

### NICE GUYS FINISH FIRST

WHAT A PLEASURE to see you recognize the creativity of my MF, Glen Pearson ("The last decent man in Ottawa," National, May 11). He is a true gentleman in struggling mainly alone and the many MMs of all parties who shout, scream, point and pit their fingers accusatorily at their "honorables" colleagues during question period, and sometimes during regular "work" periods. Also, one will never change because decency and tact are perceived to be signs of weakness and unsealable. Hung in there Glen—some of your class may yet rub off on the unawares and unwholesome.

Charles Pilkington, London, Ont.

### WILD AT HEART

WHAT THE TWO-YEAR life of the bear J3 says to me is that there isn't any room for anything wild on this planet ("The End," May 11). When something gets so wild, he (itself and he believes according to the dictates of survival, in a callid primate, quick-look, bold, aggressive, or a consumer. What successful survivor isn't all of these things? J3's short, troubled life is a pathetic commentary on the future of wild things on this earth. It seems we want to discipline these natural behaviors that create everything wild.

Jim Elliss, Vancouver

### IN PASSING

NATHA O'NEILSON, 68, writer. The Irish author of the international best-seller *Are You Somebody?* and long-time columnist for the *Tele*. Dies due to cancer but *Freudian Doubts*, *Of Fools and Kings* was a far wiser and deeper description of her engrossed upbringing, her however, strong opinions, and her long first relationship with Irish rights activist Nell McCafferty.

ROBERT RAUCHENBERG, 83, painter, sculptor. A contemporary of pioneer modernists Jasper Johns and Robert Rauschenberg, he was a prolific and successful American artist. His signature—such as *Bed*, which included his own guinea pig sprawled with red paint—were often made from found objects. *Bed* of heat: *Salute* on Monday evening at his home on Montauk Avenue, N.Y.

PHOTOGRAPH BY MICHAEL LAVINE



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# The debate they won't be able to avoid



PAUL WELLS

Winter Day, and summer is upon us. Soon Stephen Harper, having passed up a few more chances to deliver the Harper government in Parliament, will join the country urging Canadians to defeat the Harper government at the polls. Just, you know, not yet.

Harper will make a few headlined gestures, popular announcements he could not have made if the Liberals had stayed the course sooner to form an election. But mostly he will disappear for weeks at a time, as he has every summer since he became Canadian Alliance leader in 2001. We used to think this meant he wasn't working. Once on TV I called him Canada's first napalmpic opposition leader. The next time we were in the same room together Harper caught my eye and said off and on: He can be funny guy.

But of course we now know that it's when Harper is out of sight that he is most dangerous to adversaries because he is planning and organizing for the next confrontation. Dean, meanwhile, will improve as a political partner during his next term, because how could he not improve? With all that in mind, let us make this muched prediction: despite the Prime Minister's blarney and his principal architect's clamminess, the next election will be one for the ages. I have no idea how it will end. But before we do, we will have seconding doubts about big ideas for Canada's future. Why? Because the times demand it.

As Queen's University economist Tom Courchene has pointed out, in 2006-07 Ottawa and all the provinces posted budget surpluses for the second year in a row. But the time the whole country was in the black was two years running, way before 2006. Federal taxes as a share of GDP are at their lowest point since the early 1960s. The dollar is trading higher than it's ever done, unemployment is lower than it's been in decades. Quebec separation is as remote as it's been since the mid-1970s

It's as though we've been getting ready to do ... something ... since Brian Mulroney left office. But ready to do what? What did we get all those hours in order to do now?

The Harper Conservatives will argue, in other, that there is not much left to do. The fruits of Canadian government's uneven decisions over the past decade and a half are at danger precisely because governments will be tempted to get big ideas, or try and spend all into penury again with grandiose projects. The way to stop that is to get a hell of more money out of Ottawa's hands and into yours

and, the road back to power lies in persuading the NDP voters of 2006 to vote Liberal in 2008 or 2009. Don can't woo Harper's voters away from Harper, so he needs to outdo the left.

But across government needs fuel tax dollars. Harper's GST cuts were designed to deprive future governments of an income source. Hence Dean's decision to put a price on carbon, through what so far has been a gatheringly poorly explained carbon tax of some kind.

There's a big gap between the two ideas



## At the heart of the coming election are two radically different ideas of government's role

with tax cuts.

Since that won't capture all the money sloshing around Ottawa, it's best to let the rest down in other ways. That's the best explanation for the Harper government's slowness, dappish 20-year "confidence strategy" which Harper so assiduously followed on Monday. It's a packaging of previous announcements and it contains defiance spending to barely keep pace with GDP growth. But its real purpose is not to build the treasury in any carefully planned way, it's to escape off the money so it can't be spent on anything else. Like, say, social programs.

The Liberals will argue that budget surpluses, high employment and solidified currencies are a solid base from which to launch an era of government ambition. They have a rougher row to hoe, simply because a federal government has fallen out of public favour while we've spent nearly a generation running governments on. But they have to make an argument for account government, whether it's an easy sell or not. Part, they can't outdo the Conservatives as fiscal managers because Paul Martin's prime minister was ingenious in finding ways to torpedo the big idea of Paul Martin the finance minister. Secu-

rency here. While Parliament is in session neither leader likes to talk much about that gap. Harper prefers not to talk about anything else. Downend his efforts are in an endless search for a magic bullet that will slay the Harperites. They're up to it at least every three weeks now, and the Tories' best defense is certainly not Pierre Poilievre. It's the Liberals' own refusal to stick to anything long enough to look like they believe in it.

But this phony war cannot last beyond the first day of a campaign. Harper won't be able to hide. Dean will have to give up searching for scandals. Both will have to explain the numbers.

Don't get me wrong. I'm not predicting some Athenian ideal. There will be stuck and misrepresentation aplenty. Coffees and temper tantrums will get all the attention they deserve from my lot and more. But at the heart of the coming campaign are two radically different ideas of government's role. Harper and Dean can't avoid that debate. So, you might note that they are, they will engage it.

ON THE WEB: For more Paul Wells, visit his blog at [www.esac.ca/ces/plus/wells](http://www.esac.ca/ces/plus/wells)

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## 'Memories are flashing all the time. I do live in the present, but I also have my entire life that walks right beside me'

JILL PRICE TALKS TO KATE FILLION ABOUT WHAT A PERFECT MEMORY HAS DONE TO HER LIFE, THE PAIN OF NEVER FORGETTING, AND ALZHEIMER'S

Jill Price, 42, has the first diagnosed case of "hyperthymesia syndrome"; she has continuous, automatic recall of every day of her life since she was 16. Name a date and she can instantly tell you what day of the week it was, what she did that day, and any world event she was aware of at the time. Through a battery of tests, doctors have verified that her memory is extraordinary and her brain does not look like the average brain. But Jill Price explains on *The Doctors* who Can't Forget, living with the most remarkable memory known to science is not easy.

**Q** Are you remembering big things and losing most of the little, more banal things, like what you had for breakfast this day 20 years ago?

**A** Everything, all mixed together. I can talk at great detail about my early childhood, though sometimes it can't pinpoint an exact date or the order in which things happened. From 1978 to 1980, I can tell you what order things happened in a list of detailed memories, but for whatever reason, from 1980 and now, I can tell you every single thing that happened to me.

**Q** Can you name your memory an am or an eg?

**A** No. I never really stops, and it's like blushing or breathing, it's involuntary. If I'm working or watching TV or even right now, talking to you, there's always some body language of whispering in my ear, I'm seeing a ran-

ning movie in my head. Memories are flashing all the time, it's uncontrollable and random. I do live in the present, but I also have my entire life that walks right beside me, and I can't distract myself from it. I have a lot of difficulty sleeping, because my head is always spinning, and when I do sleep, I have the craziest dreams. I don't know how to relax, really.

**Q** How does this from an everyday basis?

**A** I have no idea. I'm at work or driving a car, which is like having a mind weapon so you have to concentrate, and I'm really in the moment, but I also have this loop going in my head. I'm doing 10 things at once, always. Somehow I've figured out a way to live with this, because otherwise I'll be in a mental hospital.

**Q** What happens in your head when you see someone a particular date, or you see a date in the paper or somewhere else?

**A** I automatically go back to that day. I can't help it. I explain it like this: it's as if somebody were following me with a video camera throughout each day, and at the end of the day, the tape goes on a shelf. If you mention a date to me, it's like I go to the shelf, pick up the tape, and you're in a VCR. I think people think, "Oh, she can remember everything, that's so much fun," and they hear how much I really remember and what this has done to my life.

**Q** What's the worst thing your memory does to you?

**A** It hasn't protected me. Everyone else

has the ability of their memory fading, so they don't have to sit with sadness on their chest, 24 hours a day, from 16 years ago.

**Q** Can someone just as easily forget the past, you actually smell at end of it and have all the emotions all over again?

**A** Right. If I had a brain like everybody else's, I would've had a really different life. I feel privileged by my memory. I can't let go, and I can't move on. I move on, in real life, I do move on, but in my head, I don't. I've constantly been trying to push away about this ingratitude. For instance, I have no (previous) high school and couldn't back it. Hell, there 18 years ago, but it's very easy and disappeared in instant, instant, and, my dad said like, "Get over it." But I can't get over it.

**Q** You write about being "consumed" by your memory, "imprisoned" by it. Is the name kind of like someone you're associated with Alzheimer's, interestingly enough?

**A** Yes. When I was 17 years old, I remember being in the bank and a little old lady came in at her high-gloss, she looked like Grumpy from *The Seven Dwarfs*, screaming at the top of her lungs. Someone said, "Oh, she's got Alzheimer's." It was the first time I'd ever heard that word, and that's what stuck with me: a woman imprisoned in her hand, not knowing what's going on. I have the opposite problem, but I'm also stuck in my head and nobody understands the frustration and emotional levels I get to.

**Q** Does your memory have a great memory, and do you think that there are other people out there with hyperthymesia syndrome?

**A** That's apparently what most people do. I can't, because I'm so steeped in reality. I really see the big picture. I'm really realistic about this, probably too realistic. I have pretty much perfect recall of conversations, which is annoying for people. I can remember exactly what was said and what happened years ago, and when I tell a story, it's never changes and I never waver. When most people talk history, it changes over the years. I've noticed. People add things and move events around. I don't say anything, because I don't want to embarrass anyone, but I do notice the changes because I remember the actual way it was. Let people tell their stories the way they want to, but I know I don't really understand for getting. My brother can't remember anything. That would freak me out.

**Q** Is there something you'd like to forget?

**A** When my husband died, it's only been three years, but in 10 years it will still be the same. I could tell you minute-to-minute about our time in the hospital.

**Q** How does it change the grieving process of someone every minute and word?

**A** I'm glad I can remember, but it's also very painful, because I know how it ended. I'm interviewing an autism doctor when I was two, and I started chugging with both I remembered. So my parents' memories are my proof, just like my journal were my proof to show the doctor and scientists that I was real.

**A** I was terrible in school! I would have a coldfusion if I had to remember a poem.

**Q** Did you have a new partner, or do you have outstanding recall of current events. Do you a lot of mistakes and forgotten memories out of the blue?

**A** Oh God, yes. At one point I wanted to start my own continuity company and have all of Hollywood call me. I did it really badly, doing that people don't do that much bit of research to get their characters, especially now that we have the internet.

**Q** In scientific papers, you've always been courageous, referred to as your "intimate gift of freedom to go public."

**A** No. I actually reached out to the doctors and scientists because I was in dire terms and wanted to figure out what the hell was going on with me. But this isn't really about me, but about science. The scientists from Harvard who [recently] read my brain scans went to study me pretty much for the rest of my life. I would really be proud if they could find something that would help other people.

**Q** Does anyone in your family have a great memory, and do you think that there are other people out there with hyperthymesia syndrome?

**A** My parents are lost causes, this doesn't seem to be genetic. But I can't be the only person with this—it would be a really cruel joke. I used to tell the doctors, "I want a support group." I guess I'd find it comforting, but I'd want to know the people were diagnosed and real.

**Q** Do people ever think you're faking it?

**A** No. And I don't really think about it much, because in most conversations, people will figure out that something's up. For instance, one day I asked a woman's work schedule, "When do you start working hand?" She said, "April 16, 1990." I said, "Why'd you start working as a Wednesday?" And she looked at me and then I said, "Oh, probably because Passover was on Monday that year." These little things I say and do, people know I'm for real.

**Q** What's your very first memory?

**A** Being in a crib, and my uncle's dog walking me up.

**Q** How often do you think that you're being heard actually happened?

**A** Because I say things to my parents and they say, "How do you know that?" I actually see this stuff in my head, I don't know how that translates to them. Also, random ages my mother was mentioning at various times when I was two, and I started chugging with both I remembered. So my parents' memories are my proof, just like my journal were my proof to show the doctor and scientists that I was real.

**Q** Do you write in a journal that you keep journals? If you remember everything, why bother writing it down?

**A** I don't know why, but I need the documentation and I need it to be tangible. I haven't set my journal since 2008 because I haven't had any time, so it's kind of starting around my head, on the top of my brain. But once I write it down, it's impossible to say so easily. It's odd, and it's weird, it does feel like it's all right in my head, but I think this is just this habit of needing to document everything from the naive my hand made from New Jersey to California when I was eight years old, how I felt my whale had been ripped apart, and my reaction to that was to hold on to everything. Hearing that, you'd think I was doped on a street corner with people sticking needles in my eyes. Obviously I wasn't. But to an eight-year-old, it was devastating.

**Q** Your conclusion, the fact that the emotional content of your memories doesn't change over time, must give you specific insight into life. What can cause it to change?

**A** You've got to be really careful what you say about it, because it's really catch-22s, even if they don't have my memory. Things that were said to me when I was little have really resonated throughout my whole life. At my parents'葬禮, National Geographic did an article on me of us who were in different situations with our memories. There was this man whose brain had been damaged by syphilis, and he can't remember one minute to the next. He's happy in a field, I remember everything, and it's miserable. But I would never change that, because memory is what makes you who you are. If you don't have your memory, you don't have your life. ■

**Q** Has this change and new experiences extremely difficult? Why?

**A** Maybe the reason is that I know how much things change, because I remember the way things used to be. People talk about "back in the day." Well, I really remember back in the day, and I feel lost in the day, and even back in the days are better than today.

**Q** What time period do you most like to remember?

**A** My earliest childhood. I was steeped in security and love.

**Q** You must feel like a time traveller sometimes. Isn't it lonely, going back to those times no one else remembers?

**A** Yes, but I get great strength and comfort from them, also. Other people don't or can't do that, and it's why I say I would never change my memory. I would hate to be lost.



**When most people tell a story, it changes over the years, I've noticed. But I don't say anything.**

able to go back and remember the things that give me comfort. National Geographic did an article on me of us who were in different situations with our memories. There was this man whose brain had been damaged by syphilis, and he can't remember one minute to the next. He's happy in a field, I remember everything, and it's miserable. But I would never change that, because memory is what makes you who you are. If you don't have your memory, you don't have your life. ■

# FIREWORKS AHEAD!

## A Harper vs. Dion election match could generate heat. Really.

**BY JOHN GEDDES** • It doesn't have to be like the Candidates who were in politics as a spectator sport, relegated to presenting their noses up to the glass of the U.S. presidential election, gazing with envy. There's no denying that the primaries now wrapping up have been unusually wild, making the squabbling in Ottawa's minority Parliament look polite by comparison. Casting aside all pretense, it's all too easy to imagine more of the same. The death of presidential campaign satellites—the Republicans' over-the-top bluster, the Democrats' orator who would be the first black president—look certain to outshine anything between Stephen Harper and Stéphane Dion.

Yet there's more potential to a Harper vs. Dion campaign matchup, whenever it comes, than jaded partisans or an unengaged young public suggest. Instead, the biographies of the leaders of our two main federal parties aren't nearly as intriguing as those of Barack Obama and John McCain.

Both the Pierre-Major and Jim-Liberal challenger, though, arguably bring more political heft to the political arena than either presidential hopeful. If Harper and Dion aren't sparkling public personalities, there's no reason they couldn't still serve up an unusually noisy policy debate.

For one, Harper's case of age is far from usually seen as a negative. He's caught up in the friend-or-foe atmosphere of the University of Calgary in the 1970s. He emerged as a policy provocateur with a track for party strategy, willing to deliver whole speeches of blustery right-wing analysis of the Canadian condition. For his part, Dion honed a formidable intellect as a PhD student at Princeton's best grad school, studying the street-level politics of Penn suburbs under a famous academic mentor. He went on to earn his bones in Canadian public offices in single combat, first as a Ministerial academic and then a federal cabinet minister.

Let himself be labelled "ideologue"? The answer to that question lies in the day-to-day grind of trying to lead party positions, at a time when either big party pols strongly enough to do that, and both seem they have some images for rever. But politicians are no more likely to lose their enthusiasm, at least, than anybody else. So perhaps it's not too much to hope that the authentic Harper and Dion are only down. Maybe they need the other to grow.

Let's not forget, however, that the



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Let's not forget, however, that the

would be ready

For the Unites As

well, Harper would

not to set his audience

notch policy as the last

one in which to differentiate

Conservatives

from Liberals in the hands of voting voters

Feeding 2001, he even roughly showed how

the political revolution

as by Ronald Reagan

and Margaret Thatcher a generation ago

fostered liberals everywhere to the right on

conservatism.

As a result, free trade, balanced

budgets, and even tax cuts are no longer

the privileged province of conservatives. "The

truth of the matter," Harper said, "is that the

real agenda and the defining issues have

shifted from economic issues to social values,

so conservatives must do the same."

He identified "foreign affairs and defence, criminal justice and corrections, and health care and social services" as the new defining policy file.

Surprise, all these areas

can be found poems for an Harper

government. If debate in the next campaign is to elevate it to a tract of ideas,

Harper will need to continue highlighting some or all of these areas again. It might be his only way to avoid fighting on Dion's chosen ground of environmental issues.

From a policies has to-be issues, crime

and health care, there are a host of subjects

for a meaty Canadian political debate.



other, often as the lone francophone federalist will be challenging the status of Quebec's sovereignty establishment.

The free being risk advisor, these two big captured attention by being guard risk receptive. So how did Harper, in Pierre-Major, become more absorbed with controlling the message than driving the debate? How did Dion, as Liberal leader, manage to

think about a fundamental change in the way we do things," said one source. If Dion does press ahead, his familiar "shovel politics" pitch, in which he claims to have a vision for making that a government equal to the economic and social policy, might suddenly sound like more than rhetoric.

Resounding would rise, Harper's policy imagination. It would also make it hard for

him to play down Dion as a non-leader who can't make up his mind. But by playing a carbon tax at the centre of their platform, the Liberals might seem to be playing to Tory strengths. After all, the Prime Minister is according to polls, as a wide margin over. Dion is an economic outsider. He would almost certainly portray a Liberal carbon tax as bad economic policy, even if Dion sold it as part of a broader package with offsetting tax cuts elsewhere.

Allowing Dion to be the main subject of a campaign debate

Harper might start with foreign offices. An investment minister might enjoy the chance advantage of presenting himself as an actor on the world stage. Recently, Harper has tried out an unexpected variation in his performance: a surprisingly hard line on the Afghanistan soldier's offer of the United States. At last month's Canada-U.S.-Mexico summit in New Orleans, asked by reporters about Democratic presidential contender threatening to open up the North American Free Trade Agreement, he maintained with a sharp warning of his own. Harper might be would use Canada's oil and gas imports when it comes to pressuring Washington, who was taking a seriously Canadian concern about efficient access to the U.S. market.

Then, earlier this month, he dispatched Industry Minister Jim Flaherty to Washington to meet American politicians for allowing the so-called "third stage" of the Canada-U.S. border. This was no hostile cross-examination. Although Harper has a long pro-American



track record, he has been gradually building toward a more critical stance. In an interview with Maclean's last year, he candidly said he expects the prelude of U.S. regulatory import regulations at the border to keep slowing down international trade, and the next year takes office.

He said cabinet has held

serious discussions about how to develop new long-

single government, he hopes to大臣稱之為 the long-term replacement of everything from fighting ships, to fighter jets, to satellites and armaments that fight on land.

In a rare reversal, Dion would finally relent at least some of those made-felt-in-durbar purchases, and the philosophy behind them. Canadian voters would be treated to a brazenly clear clash of defence values. Harper would argue for Canada to keep building a military armistice for what he deems called "the great geopolitical battles against modernity." Dion would counter by laying out military procurement he has already dismissed as "in many cases, either unnecessary

or not part of any coherent foreign policy plan." He might argue, say, replacing the aging CF-18 fighter jets. And he might undermine

such has always chafed against what he sees as federal invasions into provincial jurisdictions. The potential for sympathy with Quebec nationalism was everywhere. In late fall's Throne Speech, he promised "legislation to place formal limits on the use of the federal spending power for new federal cost programs in areas of exclusive provincial jurisdiction." That bill hasn't yet been tabled, but depending on exactly how the law tries to hit him in Ottawa, and how it is used in Quebec, such legislation might form the basis for a memorable campaign slogan with Dion. He has long fought against any claim that Ontario needs to reach an "imperial" role, especially Quebec. "I've seen that often," he told Maclean's last year, "police and zoning and, saying, 'You're right, as prime minister, to say that Canada is better off, that Quebec is another Canada to Quebec. You are right to say that Canada is being unfair to you, that the country is too centralized, but don't, that it will change.'

If it's battle over federal power might catch the attention of Quebec voters, anxiety over the future of exporting industries could be the top of mind issue in Ontario. Much depends on how long the pain inflicted on Ontario manufacturing communities by the current U.S. clampdown. If it worsens, the more

ON, AND ON EXPORTS TO THE UNITED STATES, DEFENCE POLICY AND TRANSPORTATION ARE ALL-IMPORTANT TOPICS IN AN election campaign

set help in industries. Back in the spring of 2007, when he was running for the leadership of the new Conservative party, he said: "You know, the principal area where we're going to get the government out entirely is corporate welfare and industrial subsidies."

Not quite. Last year, the Tories announced their strange aerospace and defence initiative, a subsidy fund that will cost over \$900 million over five years. This past Finance Minister Jim Flaherty unveiled a \$350 million, five-year automotive innovation fund. Clearly, Harper has found it harder to power to nays on the corporate subsidy gravy than he imagined when he was in opposition. Still, in a deal made with Dion—a swap that formed each ready to go down on what they believe in—Harper right reclaims some of his old red lettering for the free market do it thing.

And the perfect for a return, non-inter-

venational Harper might be Dion. The federal leader proposed a \$1-billion fund, for instance, to support research and development in green technology. "In one word we are not enough," he said early this year. "The federal government must partner with the manufacturing sector to access to innovation and ideas. That requires strategic investments." On the other hand, Dion is not a one-dimensional, old-style advocate of government greenies. If anything, the tax platform he proposed last fall recognizes more than the Tories have on business tax cuts.

But it's that sort of complexity that would make a full volume Harper-Dion clash to thrilling. Dion starts the argument over a carbon tax. Harper broadens it to include reworking the economy or strengthening the tax system. Harper makes out a position on how to revalue a proliferating U.S. relationships. Dion replies by naming everyone he can about how Canadians want their country to sit abroad. Either passes the other's baton on (quarter, and the whole federal-provincial balance

of power) in an instant, or play

There's enough here to brew up a perfect storm of a political debate. But the key ingredients are Harper and Dion themselves. They are politicians, sure, prone to playing angles and sweeping imprecisions. But these two were fight em first, then kiss who knew their own minds, and weren't adverse to telling you so in clear terms. We need to hear those voices again.

**HARPER AND DION WERE FIGHTERS WHO KNEW THEIR OWN MINDS. WE NEED TO HEAR THOSE VOICES AGAIN.**

the concern by stressing his idea for Canada to take the lead in promoting an international treaty banning cluster bombs—a move in the sort of multilateralist direction Lloyd Axworthy championed when he was Jean Chrétien's highest-ranking foreign minister.

Few Canadian decisions, however, are shaped mainly by vision of Canada in the world. Harper and Dion would inevitably return to any truly revealing debate, to how they see Canada as a federation. They are both steeped in what bitter past disputes over the relationship between Ottawa and the provinces, Quebec in particular. Harper started out as an advocate of strict equality among provinces. He also stood against giving in to the old Tory temptation to court Quebec nationalism. But as Conservative opposition leader, he ushered his stand, accepting the notion of "supremacy" to single out Quebec in the 2004 health deal that prime minister Paul Martin signed with all the provinces. And as Prime Minister, Harper called the motion in the House that led to a vote re-enacting the Quebec Act as a nation within Canada.

No doubt he has adopted as part of a strategy but to voters valuable votes away from the Blue Quebecois. But his Alberta-bred politi-



LAWRENCE KIRKMAN/CP, CATHERINE PAPAGEORGIOU/CP

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# A VERSION OF THE TRUTH

**Forget the hidden agenda. The Tories are getting a name for playing with the facts.**

**BY AARON WHEATLEY** • *“Carly is brilliant.”* Though not at the time, this was the truth in its entirety. If nothing else, it was a sort of consensus—a collective memory of reality. Indeed, in four short weeks, here was the Harper government’s approach, as seen through Stephen Collister’s terminology, to truthiness: “All governments interpret truths in manners which suit them,” observes a Conservative strategist. “The challenge for this one is when you’re trying to put a story like what just suddenly you put on the table and it can look like you have taken a road back. You hear the expectations you set.”

For years, Stephen Harper’s Conservatives have won those expectations hands down with transparency in government. What wasn’t explained at the time, but what’s become clear since, is that the truth would be narrated subjectively. In that case, the doctor who informed us was Arthur Carr, former president of the National Research Council and, until recently, the government’s national science adviser. And when the Prime Minister spoke the above words in the House of Commons in early February, Carly had, in fact, retired. But appearing in March before a parliamentary committee, Carly defied the terms of his departure. Though instead as an adviser to the Prime Minister’s Office under Paul Martin, his mandate was greatly reduced under Harper. There, then, too, he was informed his position would be status quo. “I want to make it water-tight,” he said. “I want to make it watertight as clear as,” he said, “that I conveyed my intent to retire from the public service only after I had had a chance that the office was being closed.”

With that said, a Conservative member of the committee scolded Carly for various travel expenses, including an 80-cent cup of coffee. “We have a responsibility when we host visitors,” pleaded Liberal Scott Ianson at this, “not to create straw-man arguments that are not intellectually honest.”

Carly’s name was last raised in the House when a Liberal member tried to make the case for 33-year stalwart-dad Richard Nixon—committed to undermining the public service at every opportunity. That is not a comparison without merit. But the truly withering comparison is most contemporary. Conservative members in the House groan whenever an opposition colleague tries to invoke the present Bush presidency. But on the court of truthiness, it’s difficult not to stomach men like these. Six years ago, a senior aide to George W. Bush descended to journalists in Scotland what these around the President dismissed as “the reality based community.” “We’re an empire now,” he said, “and when we act, we create our own reality. And while you’re studying that reality—particularly, as you will—well, it doesn’t exist, creating other reality... We’re history’s actors.”

All government is duplicitous. But truth under Bush became a cornerstone. Steaua that could be manipulated to fit any situation and advance whatever goals. Witness the ever-changing justifications for war in Iraq. Indeed, it was Collister who succinctly made reference to it with a single word: “truthiness.” “It used to be, everyone was entitled to their own opinion, but not their own face,” he explained. “But that’s not the case anymore. You can’t not be... People love the President because he’s chosen by his chosen as a leader, even if the facts that back him up don’t seem to exist.”

To Harper’s credit, he has put his pen to the truth on more than one occasion. As with Bush, the facts don’t always happen, he certainly. Speaking to a milly earlier this year, Harper explained his approach to truth: “Story to story with Canada with statistics. Your personal experience and impressions are wrong, they say, that is really not a problem. Those statements are not of the same from the World of when the world says, ‘They’re not untrue to the man behind the curtain.’



THE  
WICKED  
TRUTH-NESS? A  
Liberal made the case  
for Harper as a latter-  
day Nixon. And while  
they’re at it, here’s some  
news for creating that  
over reality to create  
history’s actors.

“But Canadians can see behind the curtain. They know there’s a problem.” Ottawa Ottawa columnists Dan Gardner quickly made a mockery of such a suggestion. “Mr. Harper implicitly acknowledges that his claims about crime are not supported by data. But that doesn’t matter,” he says. What matters is subjective perception. “Based on my gut, it’s the best way to discover the truth. Feeling it,” Gardner wrote. “It’s an epistemological claim of gauging ‘truthiness.’”

That rebuke the vendor handed down this month by various members of the scientific community in the pages of the *International Journal of Civil Policy*. Amid several articles dealing with the government’s handling of climate, Worcester’s soft-safeguard facility, Health Minister Tony Clement is blamed for authoring a “policy history story”—harvesting rumors and innovation for “warmed but blunted” political reason. A spokesperson for Clement denied such claims “completely inaccurate.” But shortly after that report made news, Mr. Boyd, a certain disgruntlement by the Harper government to study him, convened a press conference at Parliament Hill to publicly state all the ways in which his work violated the law.

“I would hope now that the government... would see that’s time to close the chapter and to move on and to grant him the lengthy compensation that is so deserved,” he concluded. “I would hope that the government would say, ‘We’re going to make decisions based on science. We’re not going to make decisions based on our ideological litigance.’”

To be fair, that Harper would pursue a six-eight ideology over an government—the so-called “hidden agenda”—has also proved a threat more seriously. With most exceptions, the government has not made a habit of ignoring objective facts for the sake of political belief. But what is lacking in ideological blindness, it has exemplified in many straightforward congections.

Take for example, Elections Canada’s ruling that the Conservatives exceeded spending limits at the last election. “The vote by Elections Canada today,” said House Leader Peter Van Loan, announced in question period as the day Conservative party backbenchers were called, “related to the rules of the revert one that we set and because of our difference of opinion

with Elections Canada.” For that matter, he added, “we have been re-opening fully.” A day later, Van Loan offered a quote from Democracy Watch’s Duff Conacher that appeared to undermine the party:

If only any of it were true. The search was conducted by Elections Canada and refined with ever iteration, as inquiry launched, to assess whether the Conservative party filed out against Elections Canada’s spending requirements for the 2006 election. The affidavit filed in party that winter did not say or detail how Conservative officials failed to co-operate with the investigation.

SARAH  
CYRUS: Start-  
ing with Peter van  
Loan, the Tories made  
the-to-end-out-scientific  
tactic of backbenchers and  
frontbenchers, and the  
idea is, no one there  
but that is the  
full story?



DAVID EATON/FRANCIS

And by the end of the week, Conacher would demand that Van Loan apologize for representing his views. Indeed, in the interview cited by the House leader, Conacher predicted Election Canada’s ruling would be upheld in court.

On April 18, Van Loan said the government had not been pleased with the Elections Canada affidavit. “For eight hours last night, Conservative representatives leaked details of those very documents to tabloid reporters. What was not on media ‘use’ by the RCMP was again otherwise just a week later when an anonymous Conservative explained in detail to the *Globe* and *Mail* how several Conservative staffers were using their efforts to attack by police efforts. When Parliament returned from a week’s break, Conservative MP Pierre Poilievre stood in the House and declared that a 1997 ruling by their chief financial officer Jean-Pierre Kingley supported the party’s campaign financing. Only the document to which he referred was less a judgment than a report. And the author wasn’t Kingley, but another bureaucrat entirely.

Days earlier, appearing on CBC News Sunday, Poilievre had an inevitable come-uppance, courtesy in this case of University of Western political science professor Heather MacIvor. “Frankly, there is very little that Mr. Poilievre and that conforms to the facts as laid out in the affidavit to get the search warrant,” MacIvor said, interviewed after Poilievre. “Much of what Mr. Poilievre said was beyond spot.”

But in sum, to a large degree, standard operating procedure. “All political communications is a battle of narratives. As defined by [media theorist Neil] Postman, narratives aren’t always scientifically verifiable. The more simple the narrative, the more plausible it can be,” he explains in the Conservative’s *Strategic Communications*. “The pushback on the Elections Canada affidavit in the Conservatives is to make it about ‘the to-end-out’ transfers, which is part of the story, and ‘Burke’ if the Liberals do it why can we? These things can be understood much more readily than the terms of legalese of the Canadian Elections Act.” Indeed, the government has, at most effectively, blurred the distinctions between the legal intentions of other parties and what they are accused of doing here. “Gloss-overification with the old replaced just thought, again, is not new for governments. With this government it simply has become mechanized,” the strategist continues. “And the opposition hasn’t

gained on how to decommission effectively. Which means they play into the narrative."

When Gordon O'Connor, aings and offallegans of torture in Afghanistan, was forced a year ago to apologize for incorrectly claiming the detainees and Contractors of the Bell Cross were torturing detainees, it was possible to believe the new former defense minister was making a mechanical nod of confirmation that just, bluntly put, the detainees, "aren't become difficult to the government's position on this issue are anything less than confirmed. On Nov. 11, Peter MacKay, O'Connor's successor, stood in the House and announced, "There has not been one single, solitary proven allegation of abuse of detainees." But two months later, as part of a legal proceeding, government lawyers disclosed that prisoner abuse had taken place after Nov. 9 because of a "credible allegation of mistreatment" discovered by Canadian monitors. Between Nov. 11 and Nov. 19, opposition members had asked the government an innumerable times whether it would transfer, but the Conservatives failed to issue any change. When the still in policy became public, the government claimed to have been unaware of the abuse on the ground (a charge never denied) and then cited operational security (even though its lawyers were responsible for disclosing the development).

In March, the Military Police Complaints Commission announced it would be going forward with hearings on detainees treatment because of the government's "failure" to provide documents relevant to the allegations. Last month, the government sought injunctions to stop those hearings, arguing the matter was outside the MPCC's jurisdiction. Parliamentary committee investigating torture in the and out controversy and the Ghislain-Cadman affair have been similarly plagued—the latter's inaction despite the RCMP are now reportedly investigating.

Even in relatively minor points, the Conservatives often cannot help themselves. After a relatively obscure secret information database was quickly disclosed last month, Treasury Board President Vic Toews used a quote from professor Alasdair Roberts of Ryerson University to denounce the article. "Within two hours, the Liberals were distributing a full version of the professor's comments, showing 'down to have taken them out of context.' The next day, the government overhauled rule, blurring the powers of the Liberal government for what they claimed were the professor's findings. In fact, the database was created in 1993, when the



**THE TORY**  
and a man from  
Army's torture history  
summarized his story.  
Kingsley made no such  
puffing. "Most of what  
Politicians said was  
beyond snide," a critic says

**OPINION**  
The author  
hopes the simple  
military practice of  
allowing the allegation  
of abuse of detainees  
to stand. Peter MacKay  
is dead. Two months  
later the government  
most members  
came out.

Progressive Conservatives were in power. "There's this disconnect between what they say and what they do," Liberal Mark Holland surmised recently, lamenting the long delays that have hardly of access to information requests. "They go to great lengths to bury information and to keep people in the dark for the sake of press, it means they're giving a government a tool that you won't expect in a free World country," finally."

Not that the government isn't interested in the truth. Speaking in London, Ont., this March, the Prime Minister was asked for his thoughts on negative advertising. In a now use-and-toss answer, he used the word "trustified" as less than his focus to explain what he demanded of his party's ads. Never mind that a marketing industry master Jim Prentice was forced to explain why and he himself had turned a comment by his

ghosts about financial gains of green technology—"negatives of money"—to represent Liberal spending policy.

It's, of course, much easier to create a myth than refute one. A July 2006 poll of Americans, fully three years after the invasion of Iraq, found 90 per cent still believed Saddam Hussein's deposed regime possessed weapons of mass destruction. "It's not so much whether the people who are supposed to govern as by the role of the media are actually telling us the truth," says MacKay. "It's how well they can surmise what they're telling us the truth."

And where the Bush administration manipulated a compliant media leading up to the war in Iraq, the Harper government has benefited from a complaisant press corps. At the height of the economic financing controversy, one national news outlet launched an off-line the issue was too complex for the public to understand. "Relatively few members of the press gallery bothered to spend daily question period, and being the first to declare that a scandal is not a scandal may have become something of a competition among many of the coast-to-coast reporters," Indeed, the daily fibbing of the government's ministers is rarely reported among length. MacKay, because they're responsible for the government's ministers, are rarely reported themselves to investigating a episode of spin and deception. They are not alone in this regard. Ancient pols showed only 25 per cent of Canadians hold much respect for politicians. Yet other than those who stand in awe of them, they're

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that, if the Prime Minister still employed a national science adviser, he might sit for a lesson in the laws of action and reaction. The way of the Radian is that while many Americans still believe the "truth" peddled by the White House, the President's approval rating has tumbled on the low 30s for months. It helps that his greatest despair is demonstrated in a flaccid way that is easily noticed on most of the populace that Iraq represents not the exception, but only the most obvious of half-truths. "I think," MacKay says, "Americans have a sense that they've been taken for fools." If Canadians don't feel similarly foolish, it is not for lack of effort by the Harper government. ■

**POLITICS GETS PERSONAL, AND BERNIER GETS MAD**  
I never thought I would be the victim of such a loss, devastated as we by an separation point. The thing is people are talking about. This is about my neighbor friend's private life and her past, and a person's private life is nobody's business." Foreign Affairs Minister Hélène Boisvert reacted to criticism from the opposition over his relationship with Julie Cuthill, who was engaged to marry a member of the Bell X wings to years ago



TOBY MELVILLE/REUTERS/FLICKR/SHUTTERSTOCK

## You say tomalley, I say delicious

**BY CHRIS BELLEY** • Tomalley, lobster brains in the gills inside a cooked lobster, doesn't get much respect. What isn't bad tasting, certainly doesn't taste like lobster, it's being discussed with bare contempt. "It's not so much whether the people who are supposed to govern as by the role of the media are actually telling us the truth," says MacKay. "It's how well they can surmise what they're telling us the truth."

And where the Bush administration manipulated a compliant media leading up to the war in Iraq, the Harper government has benefited from a complaisant press corps. At the height of the economic financing controversy, one national news outlet launched an off-line the issue was too complex for the public to understand. "Relatively few members of the press gallery bothered to spend daily question period, and being the first to declare that a scandal is not a scandal may have become something of a competition among many of the coast-to-coast reporters," Indeed, the daily fibbing of the government's ministers is rarely reported among length. MacKay, because they're responsible for the government's ministers, are rarely reported themselves to investigating a episode of spin and deception. They are not alone in this regard. Ancient pols showed only 25 per cent of Canadians hold much respect for politicians. Yet other than those who stand in awe of them, they're

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Also, it's on you, theoretically, anyway. While most, but not all, lobsters meant itself is perfectly safe, Heidt in Canada warned last week that some tomalley contains paralytic shellfish poison (PSP), which can cause everything from a tingling sensation to numbness around the lips to "stiffness and non-coordination on limbs" and, in extreme cases, death.

Michael MacLean, executive director of the PEI Seafood Processors Association, says the health board of a PSP outbreak is "extremely low" thanks to weekly water tests by the Canadian Food Inspection Agency, but for most Canadians, the humble lobster might not be worth the risk. But lobsters are creatures who enjoy the greatest staff should know the vast majority of Canadians can benefit eat. Health Canada's guide lines for coronary-angioplasty suggest adult men consuming more than two lobsters' worth per day (children, four to five the size of the lobsters, are limited to half that.) "I like eating the tomalley, but at the same time—three tomalley?" Larkin laughs. "I might eat two lobsters in a day to eat a lot," says Carl Nicholson, manager for 10 years now Glasgow Lobster Company, Ontario. "Or like lobsters to poison yourself with tomalley, he suggests, and 'you'd make yourself sick just from eating that much tomalley.' ■

**NEW HEALTH**  
guidelines on  
that gives stuff  
to lobsters

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## Your licence and pee sample, sir

**BY MICHAEL FRANCOLANTO** • Taking a drink and driving is just as illegal as drinking and driving. It has been for decades. But criminal charges are so rare (some provinces have not recorded a single conviction for drug impaired driving) that the bolt of baked raisins manage to cruise around un-



DRIVERS who smell like Gheech or Cheung will have to comply

## How did we become such fans of bans?

**BY PETE BRAIN TAYLOR** • After more than two decades, Prince Edward Island finally lifted a ban on selling pot on cans on May 1. While the prospect of buying a could drink in a car at a gas station is laudable, the move had minimal significance to well, it was a mere example of a government preventing rather than forbidding something.

Surprisingly Canadian politicians have been busy lately. In April, Ottawa announced a ban on clear plastic baby bottles containing bisphenol A. Ontario banned all residential chemical perfluor, and Tanner Valley, Alta., banned Styrofoam. These bans were all justified on the basis of science, but fail to live up to scientific standards.

When Federal Health Minister Tony Clement announced his ban on bisphenol A, he argued that "our science tells us exposure levels [to bisphenol A] to newborns and infants are below the levels that cause effects." And the provinces ban on Ottawa have been extremely tested and cleared by the federal Pest Management Regulatory Agency. Keith Balmer, director of the Centre for Toxicology at the University of Guelph has grown increasingly cynical about the policies of Ottawa. "This is random science by government's laws to make political hay out of claiming to protect the public," he says. "To ban things on



THE BAN ON CANS is lifted in P.E.I. But so is bisphenol A in the nation...

the basis of a hunch when the data doesn't support it at best being banter."

Solemn anti-politicians rarely consider the risks of alternatives. Styrofoam is more benign than the paper products it replaces. And the ban on bisphenol A will lead to greater use of glass, metal and opaque plastic bottles. Moreover, bisphenol A has been associated with Alzheimer's, the risk of which has been shown to increase with age. "This product is the greatest risk than bisphenol A," he says. "And glass breaks when you drop it." ■

WORLD

A PLACED Buddhist figure just outside Yangon's ancient city, Burma

PHOTO ESSAY

# BURMA A TRAGEDY IN PICTURES



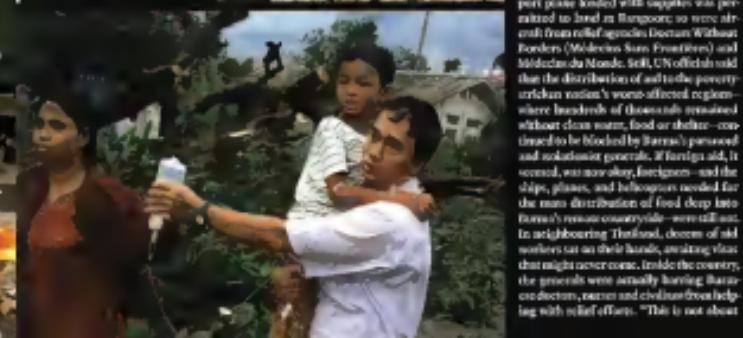
## DELUGED

On May 2, cyclone Nargis slammed into Burma's Innwa Valley Delta, where much of the nation's rice is grown, as well as the city of Rangoon, destroying homes, uprooting trees, flooding villages, and killing up to 260,000. It was the most devastating storm in Asia since 1991, when 130,000 were killed in Bangladesh.



## UPROOTED

Mobile phones for displaced people were set aside to aid the 1.5 million survivors who have lost everything they own. Now if they manage to find food, shelter and clean water, are they safe? They still face major health risks from infection, malnutrition, disease, pregnancy and malaria or cholera.



BY NANCY MACDONALD

The numbers began trickling out slowly from the secretive dictatorship that is Burma. First, a few hundred people presumed dead from cyclone Nargis, which hit on May 2. That estimate soon grew to 15,000, then 22,000, 300,000, and, as of May 9, some 216,000, making the number of people believed to have been killed in the 2004 South Asian tsunami. And that could be just the beginning—another 1.5 million were at risk of disease and starvation as Burma's generals, in a callous display that brings angry protests from around the world, blocked international aid efforts from reaching their country.

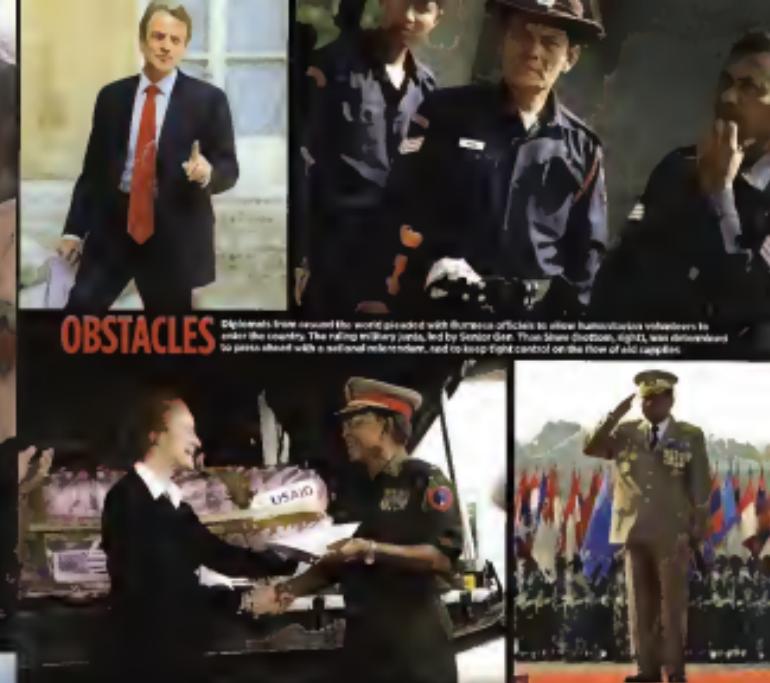
After a protracted and inhumane delay, the regime finally began to allow relief to trickle in. On May 12, a U.S. air force transport plane loaded with supplies was permitted to land in Rangoon; no wire aircraft from relief agencies Doctors Without Borders (Médecins Sans Frontières) and Médecins du Monde, still, UN officials said, due to the distribution of aid to the poverty-stricken nation's worst-off regions—where hundreds of thousands remained without clean water, food or shelter—continued to be blocked by Burma's paranoid and reclusive generals. If anything at all, it seemed, was now okay, foreigners—on the ships, planes, and helicopters needed for the mass distribution of food drops into Burma's remote countryside—were still out. In neighbouring Thailand, dozens of aid workers sat on their hands, awaiting visas that might never come. Inside the country, the generals were actually having their own dictators, nurses and civilians forced to help with relief efforts. "This is not about

PHOTOGRAPH BY NANCY MACDONALD FOR TIME; TOP: AP/WIDEWORLD; BOTTOM: AP/WIDEWORLD; BOTTOM RIGHT: AP/WIDEWORLD



## DESPERATION

Distribution bottlenecks and a lack of co-operation from Chinese authorities slowed the relief efforts to a crawl and forced survivors to queue by the hundreds to tonnally dispense for the trickle of relief supplies waiting at the front lines of the disaster.



## OBSTACLES

Chinese laws around the world provided with Chinese officials to allow humanitarian agencies to enter the country. The ruling military junta, led by Senior Gen. Tianan, denied, right, to press ahead with a national referendum, and to keep tight control on the flow of aid supplies.

politics, it is about saving people's lives," said UN Secretary-General Ban Ki-moon, denouncing the government as "uncharitably bankrupt." "They undoubtedly do more to live," he said, warning that the nation's rice stocks are "close to exhaustion."

Starvation was not the only danger. In the affected areas, hundreds of thousands were at risk of dehydration, diarrhoea, cholera, typhoid, dengue fever, malaria and other diseases; indeed, some of these scourges had already begun to crop up in the devastated south. Three, corpses and dead livestock—potentially lethal contaminants that require speedy burial—had cut a swathe through rivers. While the Yangtze had been destroyed, rice paddies flooded with seawater, and boats capsized or washed away; parts of the

country were still under water.

The ruling junta, which had 48 hours notice of the severity and precise location where the storm was going to hit but failed to adequately warn its citizens, started to take the credit for feeding the hungry in its wake—when it deigned to do so. The regime owes about its own survival, not the survival of its people, at the *Washington Post* put it, which meant turning outside sources whose supplies, trucks and jacks, might bear marks like UN or, worse, USA. The U.S. State Department labelled the general "senseless, and even malevolent." They are "dead, power-hungry, and violent," according to Sri Lanka's Telegraph, "deeply disposable," and the New Zealand Herald. They appeared to have even scolded off the rock stars and celebrities, who visited makeshift or even for-fee

venues of the tournament. Indeed, Canadian aid agencies, including CAFÉ Canada, Oxfam Canada and Save the Children, worry that Canadians may be reluctant to donate to Burma's relief.

Rather than negotiating with the junta, some in the international community began floating alternative proposals, such as secretly dropping food and medicine netting by helicopter with or without the dictatorship's permission. The UN is asking for an "international corridor to channel aid in large quantities," French Foreign Minister Bernard Kouchner (pleased top, middle) went to refer to request that the UN invoke its collective "responsibility to protect" and deliver aid whether the junta agrees or not. If the general's crass negligence is allowed to stand, many thousands more may already die.



## STRANDED

The race is now on to bury the dead, tend to our desperately needed food and medicine. To the Victor's before dawn we must act quickly or death will. The UN has warned that without swift and immediate action hundreds of thousands or even more could still be in peril.



## The divine imam would not approve

**BY PATRICIA TRIBBLE** • Iranian President Mahmoud Ahmadinejad's belief that the Imam Mahdi is helping run his government led several leading clerics in theocracy to sharply rebuke the politician last week. Ghulam-reza Meshaih, spokesman of the Association of Clergyman, was warning about the president, invoking the axiom, who most Shia Muslims believe was enunciated by God more than 1,000 years ago so that one can return to save the world at a time of woe: "If Ahmadinejad wants to say that the Imam is supporting the decisions of his government, it is not true," Meshaih's Meshaih said. "For sure, the imam does not approve of inflators of 20 per cent, the high cost of living and numerous other errors." And Ayatollah Masoud Sadr, Supreme Ayatollah and cleric whose son is a member of a "holy" relationship, it would be harder to criticize the government.



CLERICS are pretty sure Iran's PM doesn't have help from above.

The Iranian came after Ahmadinejad stoked in a speech aired on state television that "the lesser Mahdi is in charge of the world and we are his hand, clutching all the affairs of this country." Regardless of the outcome, Ahmadinejad has made no secret of his devotion to Muhammed al-Mahdi. In fact, during a May speech to the UN General Assembly, the Iranian president called God to bring back the imam (he also later claimed that he felt surrounded by a ring of light and the leaders of the world were not entitled to even blink). But many clerics are uncomfortable with Ahmadinejad's misappropriation of a growing devotion among Iranians to the Imam Mahdi. All together, a cleric and policymaker, should the political leader, who is not a cleric, should focus on more secular issues: "Ahmadinejad should manage the country. People are not expecting [religious] advice from the president." ■

## A dream vacation in Baghdad



THE GREEN ZONE's tourist hub will have a country club and casino

**BY ALEXANDRA ZHIMRO** • Fancy vacationing in Baghdad? The U.S. government has come up with a plan to turn the Green Zone into a tourist destination complete with hotel, fashion boutiques, a country club, cafes, and a leisure park. The \$5-billion development project has the backing of the Pentagon, and interest from several international investors, says Thomas Kurniewicz, a U.S. Navy captain who is leading the development team.

Since March, investors have been removed rocket and mortar attacks on the so-called fortress, but that has not deterred U.S. authorities from investing in the five-year "dream list" development. The initial plan shows a United Nations Center, a five-star plaza in Baghdad's International Village, glass office towers, and the "Tigris Woods Golf and Country Club." Some of the development money and deals have already been finalized: Marsten International, Inc. has a contract to build a Green Zone hotel, and the Los Angeles-based equity holding company C3 has committed to a \$500-million entertainment park in the plan, a waterfront park intended to open this summer.

The development will draw investors, but there are other interests too, Kurniewicz says. There are 11 billion U.S. tourists, which has 23 buildings spread across 104 acres, is located in the heart of the Green Zone. The Pentagon wants to create a "zone of influence" around that national security complex, which is the largest of its kind anywhere in the world. "We have 11 billion tourists and 1,000 employees [going around], you kind of want to know who your neighbors are," Kurniewicz said. "You want to influence what happens in your neighborhood. One was Gaddafi's cousin." ■

## Just four cops left on cartel hit list

**BY PATRICIA TRIBBLE** • Mexico's powerful drug cartels have assassinated at least four senior police commanders since May 1 in retaliation for the government's stepped-up campaign against organized crime. Last Thursday acting federal police chief Edgar Millan Garza was finally mourned by assassins waiting outside his Mexico City home. The murder was apparently retaliation by the Sinaloa cartel for the recent arrest of several gang leaders and their ringleader. After the funeral on Friday, President Felipe Calderon pleaded with his countrymen: "We have to come together to confront this evil, we Mexicans have no say. That's enough!"

Since taking office in 2006, Calderon has tried to break the power of Mexico's drug cartels. He's deployed 25,000 troops and federal cops and occupied 16 airports. However, the gangs have reacted with brutal violence, employing weapons ranging from AK-47s to rocket-propelled grenades to hand-to-hand forces as well as each other. At least 1,100 have been killed so far this year. Joaquin Guzman, head of the Sinaloa cartel, is one of the most ruthless drug warlords, and recently his cartel has been moving its command territory on the border city of Ciudad Juarez, which is across from El Paso, Texas.

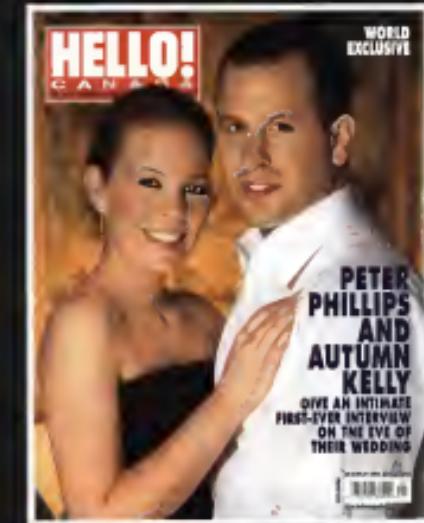


AT LEAST 1,100 have been killed in Mexico's drug wars

More than 200 people have been killed there since Jan. 1. Last week, three senior police officers were assassinated, including Juan Antonio Jimenez, the city's No. 2 cop. According to local papers, his death came after a hit list was found on a mammal in Jimenez's office. Jimenez's name was at the top. When Jimenez, the police chief responded, "Only four of the 12 officers on the hit list are still alive." The next day, while Jimenez marched silently through Ciudad Juarez to protest the violence, police in neighboring Sonora state armed a huge cache of weapons confiscated in alleged drug trafficking. One was Guzman's cousin. ■

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This manuscript is under review and has not yet been accepted. The final published version of this article may differ from this version.

# THE RACE TO REACH DEEP OIL

## **With global energy prices soaring, Big Oil is spending billions to exploit deposits**

once thought

known as manifolds, and yielding no end of tantalizing secrets about the earth's internal physics in the process.

But with so many ideas that were simple in principle, complications ensued. The planning dragged on, and when crews finally broke earth in 1970, they were plagued by folding and breaking pipe, in the still rising marshland again and again to relieve pressure and temperatures topping 100° F. It took 15 years of dollars to teach the industry

month, by which time the hole kept plugging up with silt, shifting sand which behaved like mud or like rubber than hard sand did. Crew leaders grew frustrated. Poles the company had been giving along study what the mother-son team had stood to gain from being a 45,000-foot hole in the ground. In 1948, with the Seven oiling on the books of oil and the team still far from its 15-ton target, progress came to a halt. The hole had reached a world-record depth of 12,262 ft., 3,679 deeper than a gulf in Oklahoma completed 15 years before. And beyond bringing rights, the whole project

Or was it already ahead of its time? By the late 1990s, representatives of the world's big oil companies were paying quiet visits to the site, studying core samples, coring the data on temperature, downhole pressure, and drilling and recovery. What they learned they won't say, but it's clear they wanted no quick advance. In 2006, after prodding from another *Acteon d'Affaires* Cheyenne reporter, the oil companies' spokesman, John

ILLUSTRATION BY MIKE HOGAN

It's still not entirely clear where all these shale gas is going to come from in the future. Fully three-quarters of world oil and gas resources are out of the reach of Western companies, under the control of state oil firms or hostile governments, and much of what's left will require engineering genius to exploit. The British oil firms figure

since. Companies scurried to secure the few rigs in the world capable of boring through kilometers of water and rock. BP, Shell and Petrobras, Brazil's state oil company, each have projects under way. In March, two oilfield service companies announced record sales of offshore leases in the Gulf, surpassing a record US\$1.7 billion in high bids, even though no-one can buy as much land as is technically conceivable, or what it will cost to get it.

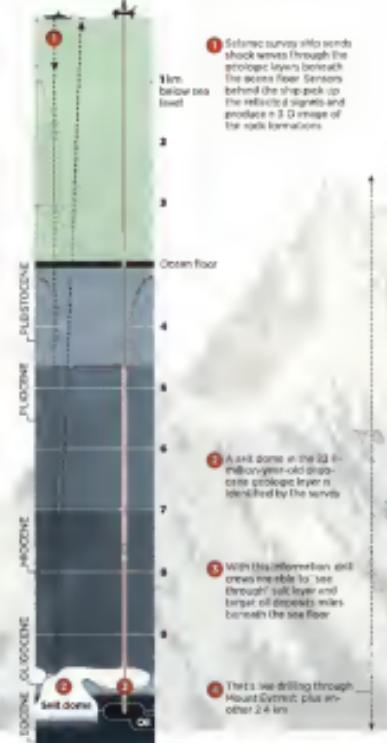
Now, with oil prices hovering around \$100 a barrel, that hole outside Bakersfield is looking less like folly than hubris. In a widely quoted report last month, CIBC World Markets warned that oil could reach \$100 per barrel by 2012, renewing fears of a modern energy crisis. The stakes, you see, are nothing less than global economic stability, as compensation for remaining nearsighted growth efforts to find a substitute for petroleum fuel was notably short. Under the circumstances, so-called “sleep off” represents a desperately needed economic solution: we fail, the investment house Franklin Billings Ramsey & Co. argued in a report saying the industry could recover so much in 75 billion-barrel-shock-drop-off projections in the Gulf—the times the market originally thought—with untilled amounts in other deep-water reserves to be whacked as the planet Analysis says getting a will require patience, perseverance and a code of engineering comparable to that of NASA missions. But if the price we are already paying at the pump is any gauge, we are just that far removed from a real oil fix.

tion that reaches from North Dakota into southern Saskatchewan, for instance, holds as much as five billion barrels of recoverable

No surprise, then, that a handful of the world's biggest oil firms are looking to go *deeper*, much deeper than previously thought possible. More than a decade before Chevron's announcement, it and numerous other oil giants began sacking up what appeared to

## Deep oil: really, really deep oil

The oil industry has known for decades that there are vast reservoirs of crude trapped deep in the earth's crust. Only the development of new computerized imaging techniques and advances in drilling technology have brought these resources to light. These resources are highly valuable.



be vast deposits lying some 9,000 m below the sea floor, on a geological layer known as the Lower Tertiary that dates back some 20 million years. Not only are these deposits locked thousands of meters underground, many are also in locations where the ocean is as much as 2,000 m deep (they are sometimes referred to as "deepwater" reservoirs)—an insurmountable challenge for drilling rigs designed in the 1930s, which generally stand at about 100 m of water.

The dynamics of extreme water depth and geology, however, present enormous complications. For starters, vast volumes of salt had obscured many of these deposits on seismic survey images, and salt is something drillers have historically avoided like molten lava waste. Pressure changes resulting from striking salt can cause driveline drilling pipe to bend and break before it reaches the Lower Tertiary; it's also common on certain reefs. "We saw parallel [of salt]," says Gandy Vining, BP's chief geologist in Houston, told one reporter. "We wanted to go around it." And once through the salt, there were the effects of underground pressure, temperature and rock elasticity that the Röla experience so sharply illustrated.

The solutions, as they so often do in oil exploration, came courtesy of Silicon Valley. And only the protocols of so-called oil prices could have adapted so holistically to the ongoing need for petroleum seismic testing. After all, as a response to corporate imperative, surveys are shot toward the ocean floor, reading data waves back up to the survey ship, the motions of the ocean then often recorded and processed to generate a digital image of the geological formations they've hit. Trouble was, salt disrupts these concentric waves, creating a virtual wall between the oil and the computer trying to interpret it. In the Gulf of Mexico, salt formation can run anywhere

from a few meters to a full vertical kilometer thick, yet their opacity made it impossible to know how or exactly what were dealing with, or how much oil lay beneath.

The cascade of digital breakthroughs that have taken place over the past decade provided the pivotal advances. An explosion in computing capacity permitted algorithms that generated images showing the lateral contours and depths of the formations—right down to the deposits underneath. "Imagine taking an image of your head from above," says Mickey Driven, who speaks for Chevron on the deep-oil project. "The old technology could show the top of your head, but that was all. Now, with this new wide-area imaging, they can see your nose, your ears, the back of your head. Not only that, but with the extra computing power, you can turn and rotate that image in any direction. Suddenly, it starts to give you that three-dimensional look."

Some gains for the explosives they're drilling. In

deepwater, it is done not from man-of-war rigs, but from ships like the 133-ft Deep Sea, a Chevron leased derrick that is held steady by an innovative system that amounts to reverse jackscrews. With each change in wind speed, wave power, current, current and GPS location, the computer calculates the proper response, then sends messages to the boat's thrusters, which in turn automatically kick in to keep the drill column stationary. In the meantime, encroaching improvements have resulted in casing pipe that withstands the searing heat and pressure that plagued the Kila bust. As the sea-floor half-life, operations are facilitated by robotic submersibles, which later play key roles in capping, completing and sealing the well with pipes that will seal the product to a production platform on the surface.

The drill hand itself, meanwhile, has undergone mechanical transformations befitting its both its ingenuity and simplicity. The motors propelling today's bits are powered

**Right now, what's going on in the Gulf of Mexico is truly comparable to what NASA is doing with the space station'**

not by an above-ground engine, as was once standard on drilling operations, but by the hydraulic pressure of drilling mud, the viscous fluid pumped down from above to cool and clean the bit as it cuts through the rock. These so-called "swirl motors" are located all the way down the hole, just behind the bit, which solves a long-standing limitation on drilling depth. Picture a garden hose stretched all the way out, says Richard Banerji, a senior policy adviser with the American Petroleum Institute, an industry-supported think tank. "Now imagine trying to route it from one end. It would just fold near your hands, but for a certain point, physics just deny you the ability to do it." Today's drill bits, by contrast, receive the extra power generated by how deep they sink, while a constant flow of mud both powers them and circulates the cuttings back up a casing pipe for analysis (hey we're grandchildren, it's worth noting, of a mud-driven motor used at Röla, the Soviet derrick to have invented the concept, but U.S. patents of dryhole creators date back to 1950).

Even the production platforms dwarf the ones on use before the deep-oil revolution.

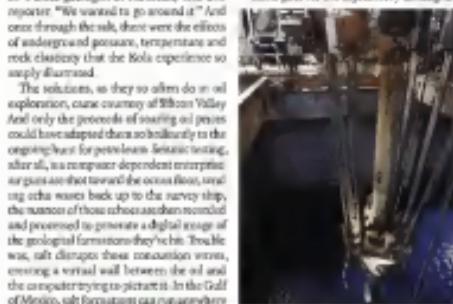
**DIAMOND-STUDDED** drill bits like this one on Chevron's Deep Sea 100 discovery drill ship are designed to bore thousands of meters into the ocean floor in pursuit of oil.

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in a deepwater field known as Thunder Horse, located about 240 kilometers off New Orleans, BP has built an enormous platform that doesn't stand on the sea floor, but rather "floats" in 1,000 m of water, anchored by underwater balloons and supplied by giant gas lines to the surface. The purpose is not to drill but to pump. Thunder Horse is designed to produce 150,000 barrels of crude per day, along with 200 million cubic feet of gas, from a network of 25 wells. A small city in its own right, it covers the area of three football fields, has quarters for 185 people and holds a gas-powered generator capable of pumping 80,000 hours. It is the world's largest floating oil platform, and if all goes as planned, it will begin producing oil later this year.

The sheer scale of enterprise is worth noting too: prospective, any long-term observers of the industry. Chevron's Talara field, located not far from Thunder Horse, is projected to cost \$3.5 billion. It will span across three acres, with a "tipple," or an open structure, weighing 10,000 tonnes. Royal Dutch Shell spent \$1 billion on a nearby field called Mana, while leading a consortium of companies including Chevron and BP on a project called Pandoa to develop three separate fields in a 48-km radius. Estimated cost: at \$1 billion. "The investment I'm seeing right now in equipment and technology amazes me," says Bruce Wells, executive director of the Washington-based American Oil & Gas Law and Society. "Right now, what's going on in the Gulf of Mexico is truly comparable to what NASA's doing with the space station. That's why the industry's screening right now at the University of Oklahoma for petroleum engineers, for geologists. You can't be a cowboy in a勘油野 at any more."



WITH GAS PRICES JUMPING, CONSUMERS ARE DESPERATE FOR MORE

"Compartimentalization" of oil in small reservoirs too numerous to count has plagued the Gulf project from its earliest days. Every new lease simply can't escape the rule. An ever-greater concern has been low water drive, when the upward pressure brought to bear on the oil formation in its wells to push it up the pipe. Such was the case with K2, a field ended by Anadarko Petroleum Corp. that failed to reach its 80,000 barrel-a-day target, and will require a costly process of chemical injection to extract most of the estimated two billion barrels in its reservoir.

For Julie Wilson, lead analyst for the Gulf region with Wood Mackenzie energy consultants, such operations underline the

perhaps you can pray too far into the earth.

The first signs of trouble was an act of God, albeit a predictable one. In July 2005, Hurricane Dennis swept across the Gulf Coast's shore silty, mounting ships and, among other colossal acts of misfortune, leveling BP's Thunder Horse platform into a dangerous list. Cenex righted the mammoth facility, but the threat posed by hurricanes clearly made an impression in the industry. In September, Chevron announced that production at its Talara project, originally scheduled for the middle of this year, had been delayed until mid-2008 because testing revealed a fault in the giant metal structures needed to hold in production platforms as the sea floor.

Moreover, early results from the wells that are producing suggest that the Lower Tertiary is about to cough up oil without a fight. Analysts are a mix of apprehension, from

**'Excitement is always followed by a serving of realism. There might be a lot of oil down there, but getting it out is another question.'**

curiosity to industry and public alike should stand to deepen. "The well has to be down, and are so far from the production facilities," he says. "The reservoir's characteristics are a lot less favourable. I think the sort of excitement we saw [in 2006] is always followed by a serving of realism. There might be a lot of down there, but getting it out is another question."

As such, the deeper Gulf platforms thrives, higher-cost energy prices. The 1800 profits wiped from charges to recover oil must now be invested in the means to recover the expensive staff, and, once enough, the industry invested \$765 billion into research, technology and new production between 1992 and 2006, according to a recent study produced by Ernst & Young for the American Petroleum Institute. Still, says Wilson, companies are struggling to assess all they can recover in large quantities. "It's difficult to find, and difficult to produce," she says. "You have to go very near the ultra-deepwater, or the Arctic, where you're trying to reach reserves once considered too difficult."

Of course, as long as a barrel of oil fetches US\$40 or more, they'll keep trying, and the wait may not be long. "I've eventually learned," he says. "If you look at the 30-40 years that have transpired between the first people who were predicting that we're going to run out of oil," says Atkins, the University of Gulf economist, "reserves have increased every year. When the world price of oil is high, projects like the ones in the Gulf become more profitable. People are going to risks to get more oil on stream." The Alberta sands are plentiful. A 20-year go, critics derided the project as wasteful and unnecessary. But oil prices soared, technology improved and today the Alberta oil sands produce more than a million barrels of crude a day.

That may be why BP's Talara, BP's Pandoa, Eni's Tullio, remains bullish on deep oil, despite the troubling early returns. "This simply is a question of history repeating itself," he says. "The only question is, has the new technology progressed enough to exploit everything that's available?" It can easily explain why Chevron has laid out less money for a newer, better drill ship. "We're selling stakes in broad new condensate fields at 8000 a square foot. A typical of years ago they sold for 8000 a square foot," Lawrence Tarr, chief executive of the National Association of Realtors, says the Canadian dollar is stronger by 30 per cent over the last four to five years, while Florida prices have fallen by 10 to 20 per cent. "This means Canadians are still able to purchase a home in Florida or half the price of floor to five per cent."

2007 study by NAI found Canadians

were more likely to purchase homes worth over \$1 million than older international buyers, which is critical because for rentals like Ralph De Marini, an agent in Boca Raton, critics of "The Next" and "Get Out" Shipyards responded with sheets of "NOPE" signs.

"Before calling RTI, 'he's an idiot to have live arena is a gun in the chest,'" responded one studio later. "But I figured he's the idiot, so he must know what he's doing."

With gas prices surging, consumers are desperate for more

# FLORIDA INVASION

**Canadian buyers are cashing in on the U.S. real estate crisis**

BY SHELLY SANDERS-GREEN • Turn-of-the-century Michael Bells craved vacation homes for polo parties and they were not alone. In 2005, as the value of their Vancouver property and the Canadian dollar soared, the Bells started looking for real estate in the sunny south, where prices were plummeting. This year, they made the leap, buying a home in Weston, a gated community about 35 minutes from Fort Lauderdale.

"The Bells bought a two-level room home that had all their ostentatious for \$750,000," says their realtor Mark Sutcliffe, with the Keyes Company, the largest brokerage in south Florida. "A year ago they were looking at similar homes in the \$1 million to \$1.2-million range."

Florida's once-hot real estate market is now



## THE RISING LOONIE AND FALLING PRICES HAVE CUT THE COSTS OF BUYING IN HALF FOR CANADIANS

up for \$1.6 million, and the author, in Hollywood, went for \$1.4 million. De Marini says the best deals can be found on condos that closed in 2005 because so many buyers have walked away. "There are some killer deals on condominiums that had not necessarily with unsolicited news," he says.

"Properties not on the oceanfront, like the Miami River area where there has been massive construction, are also great deals."

South Florida's condo market has taken the lead, he says. Steve Reibel, senior vice president at the Keyes Company, says there are 25,000 condos in the marketplace now and another 20,000 units coming off the ground. A recent report from the Florida Association

of Realtors has led real estate with a glut of new condos and home foreclosures.

But Bells can't see that coming. Prices fell 30 per cent from a year earlier in Fort Lauderdale and West Palm Beach. Home prices dropped only 10 per cent but sales are down 40 per cent. To get rid of this glut of condos, developers are enticing buyers with incentives like cars and free maintenance fees for a year. Or they're slashing prices, encouraging Canadian purchasers like Michael Mandel to sign the downline. His father, who lives in Miami with his wife and two small children, paid cash for a condo in March in Hollywood, located between Fort Lauderdale and Miami, which serves as a winter haven for Quebecois. His brother has just purchased a home in Boca, and another brother is in law now looking for a property.

The best deals, of course, come at the expense of owners who invested in hold onto properties until the market picks up. There are thousands of short sales, where banks allow properties to be sold for less than the mortgage value, and distressed rates are up 212 per cent, from 2006 to 2007, with Broward County leading the way. There are the growing number of auctions, with many properties being sold without reserve bids. Keyes formed an alliance with a real estate auction firm, Foreclosure.com, to sell off foreclosed properties.

But the real segue is that the fee sale may be winding down. Single-family home sales in Miami-Dade were up slightly in March compared to February, and Reibel says Keyes is negotiating a new plan, with prices and sales volume starting to grow. But that's still far from being about real estate prices anymore. She's enjoying the southern charms on her overstay, under price rates, staying in the house. ■



**POLIC CHIEF DEMONSTRATES HOW NOT TO USE A GUN**  
A 16-year-old police officer from Houston is the unlikely hero of a high school math class. According to students, he was asked to demonstrate the gun safety training he'd just taken off. Chief Debra Breaux, 47, and her 16-year-old daughter responded with sheets of "NOPE" signs. "Before calling RTI, 'he's an idiot to have live arena is a gun in the chest,'" responded one studio later. "But I figured he's the idiot, so he must know what he's doing."

# The zen of ignoring the stock market

STEVE  
MAUGH

At the very height of the dot com bust, in the summer of 2000, I was working for a business wire service, and one of the most important jobs in the office was the daily stock market story. Two reporters and an editor were responsible for following the daily gyrations in equities markets.

Each morning the reporters would check out the stock market, and then let the phone to ask fund managers, traders and so-called market-watchers heading up or down. After many calls, they'd connect with somebody willing to back a theory, and a few months later you'd get a headline like "Stocks poised to fall over latest rate worries." That would become the conventional wisdom of the day, and you'd hear that same story repeated over and over on radio, TV and the Web.

In the press since then, this has continued. It's surprising, the news has only intensified. When the market is up you'll find dozens of websites and broadcast reporting. Wall Street is "optimistic" the credit crisis is passing and that the worst effects of the U.S. recession have already been felt.<sup>1</sup> If stocks are down, it's because of "ongoing credit woes" and from the recession will be deeper than expected.<sup>2</sup> If the market recovers tomorrow, move to these one.

This horse-race style of market-coverage is a natural of all major media outlets, but there is one central flaw, widely understood but rarely acknowledged in public: nobody has any earthly idea what they're talking about at any given moment.

One of my favorite moments of working at a major wire service was the time I was enlisted to help find a plausible reason for a midday downturn on the Dow. I called a fund manager and asked my earnest question: "Why did the market turn around?" He retorted: "Who the f--- knows? Markets go up and down. People decided to sell some stocks."

His quote never made it into the story, and that's a shame because it spoke so eloquently to the way that most people look at the stock market every day. The Dow Jones Industrial Average: Stock markets are the distribution of billions of informed decisions, judgments and guesses happening every single minute of every trading day all over the world. There are literally thousands of variables at work, and trying to determine one or two

causal influences at any given moment is the very definition of a fool's game—like weather reports consisting entirely of minute-by-minute updates on the speed and direction of the wind.

For a long time, I thought daily stock market reports were merely useless, but there is increasing evidence to suggest they are really much more problematic, and the consequences are getting worse.



**Stock market reports aren't just useless. They're damaging.**

going value of the American dollar. All U.S. assets are priced in greenbacks, so if the stock market is rising while the value of the dollar is falling, investors aren't any better off.

Lupu demonstrates this point by comparing stock market returns between 2001 and 2006, with the appreciation of the Canadian dollar. He gave study participants an imaginary US\$10,000 and a choice of what to do with it. Option one: they could have invested it in the Dow Jones Industrial Average at the beginning of 2001 and cashed out five years later. Alternatively, they could have taken the money, converted it into loonies and left it under their bed for the same period of time.

Most Americans, naturally, opted for the stock. From the start of the new year, they knew the Dow was coming off a major bull market, and was up more than 24 percent since 2000. What they didn't realize is that the greenback had plunged against the loonie, meaning they'd be substantially better off if they'd just taken the Canadian cash and traded it.

That alone is a serious indictment of the way we speak about stock market movements. All that talk about "reached highs" on the Dow was sheer nonsense. But price blindness is just one of many problems with our stock market obsession. Consider a popular belief, the Dow is a lousy indicator of economic health. The market crashed in 1937, but the economy didn't run into trouble until three years later by the same token, one of the longest and deepest stock market crashes in history started in 2000, but was followed by only a very mild recession. On the other hand, today economists worry about a deep grinding recession and mass layoffs, but stocks are rising.

It's for all these reasons and more that many authorities like the U.S. Federal Reserve stand to profitably ignore the stock market. Paul Volcker and other central bankers know their job is to fight inflation and protect the currency. Alan Greenspan and his successor Ben Bernanke are as stock market obsessives as any day trader, slathering macroeconomic rates at the first sign of weakness and offering Wall Street multi-billion-dollar bailouts, based on the wider-than-purification of shoring up confidence in the financial system. It's madness. As Lupu's study demonstrates, your stocks may be rising but it doesn't mean happiness when the value of your dollars is eroded and the cost of living is through the roof.

The only useful advice in steering out of market is diversify your savings as much as you can—stocks, bonds, CDs, real estate etc. And next time you hear a stock market expert, change the channel! It's just the blind leading the blind anyway. ■

[www.msnbc.msn.com/id/3004300/](http://www.msnbc.msn.com/id/3004300/)

# HELLO MY NAME IS



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We're independent. We're sales agents.

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We share.

We're Quixtar. We're the One Company to implement the best of available science and technology in skin care and whitening.

We learn.

That's why we're proud. That's why we're independent. We're sales agents. We're the distributor members of the Better Business Bureau and a recognized member of the National Direct Selling Association, with over 300,000 hours of time to train company owners.

We're independent.

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# Bull! What Gretzky's riding now.

**BY COLIN CAMPBELL** • On Saturday, he was the Great One, but somehow Wayne Gretzky sure has his latest interest: circuit bull riding.

Last week, Gretzky announced that he has invested in Professional Bull Riders Inc., an organization of 1,200 riders who compete in



MANY OF GRETZKY'S prior bets flapped—will the bulls pan out?

more than 100 competitions around the world each year. It's unlikely Gretzky will end up strapped to the back of Crooked Face, one of the circuit's 2,000 lb. bulls—but if he can exploit the business of pro sports to any measure, it could well be a winning idea.

Gretzky, along with National Hockey League Hall of Famer John Elway, became part of PBR a year ago, when Spare Capital Partners—a private equity firm the two athletes each have a stake in—invested an estimated \$100 million in the Colorado-based company. But Gretzky and Elway kept their personal investments (assumed to be at least \$10 million each) quiet, until now.

Gretzky's trade raised its business to parity at best—from his short-lived investment in the Toronto Argonauts to his interest in the money-losing Phoenix Coyotes. His record as a topically successful businessman with Elway both invested in the sporting goods retailer Aéropostale, a road map that spun down in 2009 after just nine months in business.

In bull riding, though, the pair may be sitting on a more profitable venture. The fast-growing, active-paced PBR has been likened to the NASCAR racing series. Established in 1995, it draws millions of fans to its events each year and has expansion plans with NBC, FOX and Versus. PBR is now looking for ways to get Gretzky more involved, says a company spokesperson. That could even mean his personal appearance at the year's Canadian rodeo stop at Edmonton this summer. ■

# Why auto workers look worried

**BY DUNCAN HODD** • Earlier this week General Motors slashed another 3,400 jobs in Ontario, on top of the thousands of automotive jobs that have already been cut. Yet Canada's economy is in decent shape, and our auto sales are strong. What's going on?

It turns out that Canada's economy relies more on the U.S. than many thought, and the auto sector is a good example of why that's so worrisome.

Domestic vehicle sales seem to indicate that auto workers in Ontario should have nothing to fear. "Last year was the second best in record for sales," says Richard Hill, Oshawa automotive consultant Dennis Deslauriers. "Most forecasters predicted a decrease of three per cent to five per cent in 2008, but we were actually seeing it fluctuate like the Canadian market will come in at pretty close to last year's level." The problem is, almost 90 per cent of the automotive parts and vehicles manufactured in Canada are sold south of the border, and those auto sales are near their lowest point in 15 years. Toyota and Nissan have both just announced that they expect a fall in profit of more than 20 per cent this year, while sales have fallen by 25 per cent at General Motors and 39 per cent at Ford.

Because of the U.S. crash, automotive production in Canada has plummeted. Despite healthy domestic sales, Canadian production



IN CANADA CAR sales are on fire. In the U.S. they fell off a cliff.

is down by almost 20 per cent at the first quarter of 2009. Part of that is due to the 4,000 lines switching to new vehicles, but it's also huge, says Deslauriers. "GM's forecast was predicting a production decline of just 10 per cent for 2009 just a few months ago."

So yes, Canada's economy is doing okay for now and employment is high. But the tide is turning quickly, at least in the automotive sector. That's why both economists and auto workers look so worried. ■

# Clothiers go upscale, but it's not easy

**BY JOHN BENTON** • When J.Crew recently added a \$1,300 tasseled jacket to its online catalog, some thought the price was a ripoff. Why would the retailer, best known for hawking cotton T-shirts and khakis to college kids, think it could sell a jacket that costs nearly as much as tuition?

Turns out the "tasseled-cotton" jacket—hand-sewn and complete with "shamelessly French sequins"—is part of a trend among a handful of middle-of-the-road retailers to go upscale. Banana Republic, for one, recently introduced its \$88 Monogram series of finely tailored suits and shawls with \$300 to \$400 per cent higher price tags, and opened a Bloomingdale specialty store in New York.

Since the margin arbiter, trying to get customers to spend more, creates great business sense, but that's not easy. Googling from high to low, a fair number of stores, including David Lanz, Greg, principal of Vancouver-based DCGyle Consulting, consider Sofia MacKenzie's cross-market line for H&M or Isaac Mizrahi's line at Target a success. Success means not to high-end to come by. Why buy a suit at Banana Republic for \$160 when, for a buck more, you can get one from H&M Boss?

Another trend is utilizing the commercial trade. When loyal shoppers suddenly find stores way beyond their budgets in the store, it can cause them to flee. The key, says Greg, is keeping the right mix. "To track and you've gotta be involved in getting it right," he says. "It's more like little balancing act."

If stores do it right, the payoff can be the addition of a new, more profitable market. "Everyone has been reading the data on how well the luxury guys are doing, especially as they move down into an upper-middle price point," says Greg. "It's not surprising that others want to move up into the same space."

The only sensible position is the timing. With the U.S. economy in a tailspin and Canada's in danger of following, right now most consumers are tightening their belts. They're certainly not letting the moon to buy more expensive ones. ■



A CANADIAN SOLDIER from the NATO-led coalition in southern Afghanistan in 2007.

# AND NOW WE ARE WARRIOR

Whatever happened to peacekeeping in the country that invented it?

**BY ROB RISCHLER** • Canada's declining of peacekeeping has age is almost complete. In the Canadian's diplomatic, military and effectively moral tradition, this moderate end, this now-and-then attitude in the media's applaud the courage and the achievements of Canada's military history, as well as prone to whitewash the country's history of peacekeeping as they were embarrassed by it. In its extreme expression, of which Georges and Margaret MacMillan are the purveyors, to support the "myth" of Canadian peacekeeping as the beacons of our history, and to deny the reality and the sacrifice and even the cost of Canadian troops. It is to be assumed that

peacekeeper is, according to the word order, the antithesis of many of Canada's prominent political analysts and historians—including Andrew Cohen (whose memoir biography of Pearson is out on September 1), Jack Granatstein, David Bercovitch, Sean M. Maloney and Jason Goodwin—to have participated in Canada's diplomatic, military and effectively moral tradition.

As a moderate end, this now-and-then attitude in the media's applaud the courage and the achievements of Canada's military history, as well as prone to whitewash the country's history of peacekeeping as they were embarrassed by it. In its extreme expression, of which Georges and Margaret MacMillan are the purveyors, to support the "myth" of Canadian peacekeeping as the beacons of our history, and to deny the reality and the sacrifice and even the cost of Canadian troops. It is to be assumed that

Canadian soldiers left, shoot first, put their lives in danger and take risks. It is to be ignorant of the sheer numbers of Canadian troops that were stationed in Europe during the Cold War, in much greater numbers than the peacekeepers serving at the time, on the military bases that Canada, now making 5th among combatant nations, has committed to various UN missions around the world (today there are 269 Canadians on UN missions, according to the UN's most recently published figures).

So we choose to believe this myth on a prior vision of Canada built to support the idea of peacekeeping to give a sense of innocence, hope and even superiority. It is evidence of a "sober patriotism" (Maloney) and "wistful shyness" (Granatstein) of peacekeeping's importance, and a magnified belief that "the United Nations is doing the Lord's work" (Granatstein). In particular, Liberal prime ministers Pierre Trudeau and Jean Chrétien came in for censure. They are the deepest leaders who are regarded as having run down the military to fund lavish social programs as they fit the country's neutrality under equipped soldiers return's top. They are the sentimentalists who, along the UN and not the United States' bidding, allowed continental relations with the U.S. to deteriorate.

But are, in Canada, in a period of extreme historical amnesia, and the reapproachment of ordinary Canadians with a sensible military, as well as an uncomprised assault on the peacekeeping role that has been at the heart of Canada, today, a warrior nation and not a peacekeeping one. Indeed, the transformation of the character of Canada presented to the world has been successful to such a point that, in April, Britain's Daily Mail ran an impassioned drone page photo spread comparing England's former colonies to fallen soldiers (no police escort, banners held up in profile) to the parading casualties along the "Highway of Heroes" that are now, in Canada, icons.

Should the Quebec, yes, yes, of the ideal fighter of the First World War. Our founding moment. A time when Canada of all backbones rotted each other in the trenches and slaughtered themselves—or so the memory (all countries have a version of it).

Over 100,000 Canadians also served in UN peacekeeping operations since 1956, and more than 120 soldiers' lives were lost in them—but this is an unappreciated history lesson.

ition in Parliament, and with so few Canadian historians arguing the nation's history, the conservative view of a noble, guided military now seems to be proper patriotism in a society that was, past the peacekeeping camp, always more conservative than unacculturated unenlightened.

**There is no one** who is arguing, for instance, that either Canadian support of peace-keeping brings a betrayal of the country's history, the truth of Canadian military operations is shot from the Canadian War Forward, Canadian soldiers have always been committed to the service of some greater cause. In the Boer War, that cause was Europe. Canada fought for Britain in the First World War, the Allies in the Second, and for the UN (before it was talking "peacekeeping") Korea in Korea, and stood with NATO during the long Cold War in Europe. The Canada, for the last half of the 20th century, is not a paragon to some for the "international community" of which the UN, whatever its historical implications, is a part.

Any consideration of the  
way in support for the idea  
of peacekeeping must take  
into account three pivotal  
points in our recent history

The first, of course, was the sequence of UN missions in Somalia, Rwanda and the former Yugoslavia, during the first half of the '90s. That, along with each of these conflicts, has been close to the heart.

In the Balkans, the failure of the UN operation as it had been mandated led to profound feelings of frustration on the part of now-retired Maj.-Gen. Lewis Mac

Senate—in particular, in the stringent requirement of his engagement as decreed by Mr. Chaytor in 1991, obliging the UNPROFOR soldiers to use “peaceful means,” meaning the no shoot and fire upon. That the peacekeepers were some form battle—possibly Podell, in September 1991, it is Canadian forces that was deployed, in the longest battle against soldiers since the Korean War, reported between Canada’s “stern battle,” in the conflict involving Canada that had been engaged in a

In Sopatia, a rundown, infested town, an army had revolted in bad disarray and the victory, on May 20, 1919, was ours.

**NOW, SUPPORTING THE IDEA OF PEACEKEEPING IS PAINTED AS NAIVE, HOPELESS, UNPATRIOTIC**



CANADIAN 5000 METERS AT VINTAGE RIDEAU, 1912 (cont'd) - Canadian



adian Michael Ignatieff, currently the leader of the UN's international operational team in Darfur, calls a "mid-hammer"—that has been used so expertly by the Canadian critics to characterize peacekeeping, in Grammaticos' words, as "little more than a bashed-in and slightly broken gendarmerie with UN blue helmets and a siren in the wail of a wobbly multinational conscience of the United Nations." The Chapter VI assumption of "peaceful intent" is subjected to criticism as if the UN itself had not learned from the painful experiences of the early 1990s; as if the most practical form of engagement of the Charter's Chapters VII and VIII [get

UT-60N ROMEO BALLADE at the 1996  
airshow in Bremen, August 1996

four hours the imprecise of the US Military Council, promptly started an "intervention" of its own. In March 1999, the military alliance commenced 78 days of air strikes with the explicit aim of bombing Yugoslav president Slobodan Milosevic into agreement to his negotiations with the American envoy Richard Holbrooke (Addressing the Dufferin Crescent Foundation in Toronto in November 2002, Halibutka spoke of the effectiveness of this pre-emptive military junta).

A UN administration followed, but the controversial beginning was probably a sign of American and European impatience at the UN's pedestrian performance in the first half of the decade. It was an operation due the UN's inaction because Nato had given thoughts what would come after. It left a permanent mark what was to follow, *ibid.* 2001, 39. See Mathis Glenny, the author of *The Balkans*. "Russia is when the drama Afghanistan in when watersheds passing through, and Iraq is when the drama comes altogether."

What the Anglo-American members of the NATO alliance had learned and become impatient for was the expedition, where all could be applied, of a little mouse. Gen Sir David Richards led the International Security Assistance Force in Afghanistan in 2001-03, headed British forces in UN operations in East

"He was being ironic," Michael Chonetta later said. "He was making a point."

There are presently 9,200 peacekeepers in Darfur, though the joint UN/African Union mission would like twice that number. In Afghanistan, there are 47,000 troops, of which roughly 2,500 are Canadian. And we are sending more. What choice does Darfur have for more than the most handful of Canadian peacekeepers—never at least cause—that are working there at the moment? Until humanitarian crises such as in Darfur, or that UN peacekeepers have to be posted to, in Afganistan, East Timor and elsewhere, are seen as severely losses in the law and community. Canada once distinguished itself, the report has been told. ■

Nash Riebler's radio documentary, "Fighting for Peace," will be broadcast on CBC Radio One's *Books at 9 p.m.* on May 21.

## THE INGA DYNASTY: HEAD-SPLITTING SURGERY

When I study him I found that ancient bone-surgons often cut holes in their patient's skulls, but they were not savages or lessening evil spirits. It turns out they knew what they were doing. They prescribed the procedure—called trepanation—with great skill, and the holes rarely resulted in infection or death. The procedure was usually used to relieve pressure or fluids caused by brain injuries. At some sites, on 36 out of 50 cases of the skulls I dug had these holes.





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HEALTH



# HOW HEALTHY ARE YOU?

**SPECIAL REPORT** Not ignoring what your body is telling you is the first step to being proactive about your health. **PHOTOGRAPHS BY TOBIN GRIMSHAW**

**BY CATHY GOLDBECK** You've probably been asked a few times today, "How are you?" If you're like most Canadians, the answer what is ailing you—a headache, a nagging worry, your aching back and unexplainable reply tends to be: "Good. Fine. Not bad. Okay. You?"

That casual response may cost you years of life, or at least compromise the quality of

the time you have left. "Symptoms are often the first sign of a developing disease or health issue," says Dr. Ilene Chin, co-founder and chief medical officer of Searcra Health, a private medical clinic in Toronto. Most of us don't pay much attention to these signs. "We ignore and bear them. Fatigue, congestion, unable to sleep, we ignore those because they're

common," says Chin. "But that doesn't mean they're healthy."

In Mississauga, MacLachlan and Searcra Health published a test in this magazine and it was so popular it had to be run again after it appeared. It may not be the most accurate test in the world, but it can give you a general idea of your health status. "We've put the entire Q&GPI online (anonymously, if they prefer). We've put the entire Q&GPI test on our website again for people who haven't yet measured their health status, who want to find out how they're doing one year later. The questionnaire is 75 questions divided into nine categories, such as circulatory/

and urological/genitourinary systems. Last year's results provide a fascinating snapshot of our readers' health—and show that many people experience similar symptoms.

When Chai and her team analyzed last year's overall results, 10 symptoms emerged as the most common problems facing our readers: indigestion, bloating, and gas, fatigue and sluggishness, difficulty sleeping, low endurance during aerobic activity, low sex drive, erectile dysfunction, among men, and vaginal dryness among women; muscle aches and joint pain, small bowel constipation, sleep, cramps, headaches and sinus congestion, and unexplained pain with a spouse, partner or family.

None of these symptoms may seem all that serious—and on their own they may not be. But Chai believes we should strive for optimal health rather than ignore or get used to negative symptoms until we can bear them no longer. By this, she says, chronic disease may be present. "We need to diagnose and treat disease but this alone is not enough," Chai says. "That is reactive medicine." Instead she recommends we be proactive and address seemingly insignificant problems soon as they show up.

Females, it turns, experienced symptoms more acutely or frequently than males, the results show. "There are differences between women and men in how they respond to symptoms,"

says Chai, research suggests men usually ignore or minimize them. However, in women, the severity or frequency of symptoms don't fluctuate much. In fact, the results indicate a dramatic spike between the ages of 46 to 55. What's more, very young and old people experienced the symptom: menopause. They either had the most frequent and intense symptoms for just about every category or the least compared to individuals in the middle range of ages.

Musculoskeletal problems are the leading symptoms experienced by all people at every age. This may not be surprising, given our aging population. Chai notes the link between psychological well-being and physical health is important. "Mind and body are intertwined," she says. A recent study in the *British Journal of Psychiatry* reveals that people with recurrent depression have higher rates of physical disorders, including gout, ulcer, osteoarthritis, thyroid disease, hypertension and asthma.

What's striking about the results is that people under 25 suffer the most emotional and psychosocial symptoms. Stressors or feelings of being overwhelmed under pressure—to get a good job, find a life partner, or get out of debt—translate into physical symptoms such as sleep deprivation or poor eating habits, says Chai, and "that can lead you down paths to all sorts of disease."

Many of the symptoms relate to gastro-

intestinal problems, especially heartburn, bloating and gas. These may indicate bacterial overgrowth, inflammatory bowel diseases or even osteoporosis, says Chai. These symptoms may also partly be due to diet (not enough fiber, too much caffeine and alcohol), she explains. "We may also be increasingly developing 'food antibodies'—antibodies that your body's body's immune system identifies as viruses rather than nourishment." Our bodies don't know how to respond, so they reject them," she explains. "Typical food antibodies are to eggs, wheat and dairy products."

Allergies may also be part of the reason why head and neck symptoms, such as head aches or sinus congestion, are very common. This is especially true among younger demographic groups, although the numbers remain high throughout life for both men and women who make the online mailing list. These problems may also be the result of more serious issues such as high blood pressure, numismus or even pneumonia. Fatigue is another common symptom that Chai suggests could be indicative of anything, from seasonal (allergy) to heart disease to cancer.

Meanwhile, weight gain can lead to ill-

nesses such as diabetes. It sometimes happens when any of three hormones—insulin, cortisol and growth hormone—get out of balance because of an unhealthy diet, stress or lack of sleep and exercise, says Chai. This can lead to joint stiffness too. Excessive weight can also lead to back spasms, and just 10 to 15 lbs. can really count. "If you're carrying extra weight with you then it's going to have an impact," says Chai. People who "overexercise" even experience this because their body can't afford vigorous training.

Among older men, sexual health symptoms are noteworthy because they may indicate the presence of heart disease. "Plaque in your arteries reduce blood flow and causes erectile dysfunction," says Chai. For women, the drop in estrogen that accompanies menopause can lead to vaginal dryness that can cause unpleasant sexual experiences.

Chai's message is simple: if you aren't caring for your body early on in life, you'll pay for it later. "If you're not exercising or sleeping enough, your body wears and tears," she cautions. Same goes if you're not getting proper nourishment. The way you live is, one thing leads to another. When your immune system's not robust, for example, you become more susceptible to chronic diseases. Keeping tabs on the clues your body gives you about what it needs is a major key to staying healthy. "The only way people can practice

medicine is to pay attention to symptoms. That's what we're doing here."

**Q-GAP QUIZ** This is a mini version of the Q-GAP, a 75-question test. Created by Sciente Health, it identifies symptoms that impact your quality of life and may indicate underlying illness. The test itself is available at [www.scientehealth.com](http://www.scientehealth.com) and can be done anonymously.

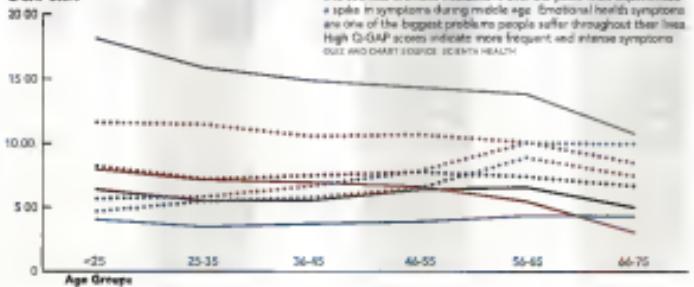
**What's your Q-GAP Score?** Read Frequency of Symptom and circle a number—either 0, 1, 2 or 3—and then circle a number under Intensity of Symptom. If your Frequency of Symptom Score is 1 or 2 or 3, multiply that number by your Intensity Score, and write that number in the space supplied at the right. Do the same for each question in the test. Then add all numbers to calculate your final score.

|  | Frequency of symptom |           |                  | Intensity of symptom |           |                  |
|--|----------------------|-----------|------------------|----------------------|-----------|------------------|
|  | never                | sometimes | most of the time | never                | sometimes | most of the time |
| 1. Do you experience indigestion, bloating or pain gas?                              | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 2. Do you feel fatigued or sluggish?   | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 3. Do you gain weight or have difficulty losing weight?                              | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 4. Do you have low endurance or stamina when engaged in a sport-like activity?       | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 5. Any loss of sex drive? Any sexual difficulties/vaginal dryness?                   | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 6. Do your muscles ache or do you ever experience joint pain or stiffness?           | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 7. Do you sleep too little or have difficulty falling asleep, or frequently wake up? | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 8. Do you have hunger spells or cravings?  | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 9. Do you get headaches/migraines and feel congested?                                | 0                    | 1         | 2                | 0                    | 1         | 2                |
| 10. Are you unhappy or frustrated with your spouse/partner/family member?            | 0                    | 1         | 2                | 0                    | 1         | 2                |

**SCORING:** **2 or less** Stay well. Aim to be symptom free! **3 to 6** Health watch. Symptoms may be putting you at risk for disease. **7 to 10** Pay attention. Symptoms may be affecting your quality of life, a warning of disease risk. **10 or more:** Take action. You need immediate attention.

## WOMEN: SYMPTOMS BY AGE

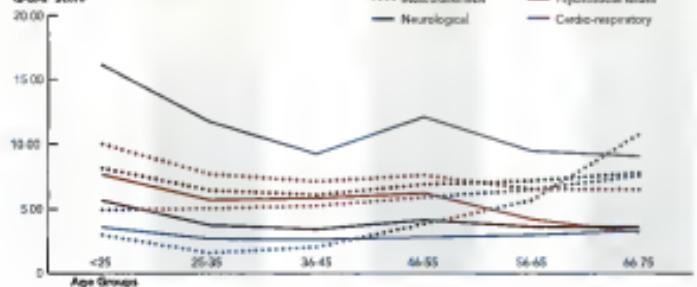
Q-GAP Score



These charts represent the most common symptoms reported by more than 5,100 people who took the Q-GAP test online last year. Women experienced more intense or frequent symptoms than men, and saw less dramatic fluctuations over the years. Men experienced a spike in symptoms during middle age. Emotional health symptoms are one of the biggest problems people suffer throughout their lives. HIGH Q-GAP scores indicate more frequent and intense symptoms. SOURCE: Q-GAP SURVEY, SCIENTE HEALTH

## MEN: SYMPTOMS BY AGE

Q-GAP Score



\*\*\*\*\* Gastrointestinal    \*\*\*\*\* Head and Neck  
\*\*\*\*\* Emotional Health    \*\*\*\*\* Musculoskeletal  
\*\*\*\*\* Musculoskeletal    \*\*\*\*\* Psychosocial Issues  
\*\*\*\*\* Psychosocial Issues    \*\*\*\*\* Neurological  
\*\*\*\*\* Neurological    \*\*\*\*\* Cardio-respiratory

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|-------------------------|---|
| Iron, Zinc              | Breast Cancer, Colon Cancer, Cardiovascular Disease |
| Vitamin B <sub>6</sub>  | Colon Cancer, Breast Cancer, Osteoporosis           |
| Vitamin B <sub>12</sub> | Cardiovascular Disease, Breast Cancer               |
| Selenium                | Prostate Cancer, Cardiovascular Disease             |
| Vitamin B <sub>2</sub>  | Cardiovascular Disease                              |
| Lutein                  | Macular, Age-Related Macular Degeneration           |

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preventive health is to be aware of their symptoms and disease risk," she says. The best news? "It's never too late to get started."

**H**ow healthy are you? For the second year in a row, Maclean's, in conjunction with recognized international experts, is asking readers to think hard about their physical, social and emotional well-being. The reader and self-assessment tools that follow are the first step in finding out.

Next time you get on scale, consider where you carry any excess weight. Belly fat, says Dr. Jean-Pierre Despres, a scientist at Université Laval in Québec City, is "the cholesterol of the 21st century" (page 82). It could be a major factor in developing heart disease, just as bad as smoking or high blood pressure. Learning how to measure your waistline and what measurements in inches could be an important preventative health tool.

Depression, meanwhile, is already the big gain cause of disability, according to the World Health Organization, and its consequences are enormous. For every hour of depression a person experiences, the chance of getting another episode goes up 16 per cent. Epilepsies are often worse. A groundbreaking new treatment (page 96) that combines antiepileptic with conventional talk therapy or drugs is cutting the rate of relapse in half.

When it comes to drinking alcohol, more and more Canadians are opting in: 83 per cent over the age of 12 do so. Alcohol sales have risen an average of 1.5 billion in two years. Also increasing is the rate of smoking (page 66). Doctors have trouble diagnosing it, and people don't always recognize their addiction until they're suffering consequences such as job loss or gastrointestinal problems.

That any of us wants to live well and long is obvious. But a few populations are a lot better at that than most (page 60). Explorer Dan Buettner has identified four areas around the globe where people boast the longest lifespan. He examines how they do it, and we can too.

Finally, for most of us, preserving our health—so we can enjoy our longevity—becomes increasingly important the older we get—or as the old and family say. "We have 35 trillion cells that flip over every right years," says Farnsworth, "so why aren't they replacing them? It's errant." That's why we get wrinkles, and our eyes and hearing go. "We don't know how to stop that," he says. "We just need to get good at addressing the things we can change that foreshorten our lives." Paying attention to your symptoms is a wise start before seeing a family doctor. ■



# NEW VITAL SIGN

**Experts now believe it's waist, not just weight, that matters**

**BY MARY KIRKAW** • It seems so unfair. As Canadian Canadians struggle to get healthy by shedding excess body fat—about 10 per cent of the country is now overweight or obese—out it's not what you weigh, but where you carry it, that's most important. The current emphasis on healthy weight "would be extremely misleading," says Université Laval-based Dr. Jean-Pierre Despres, scientific director of the International Chair on Cardio-metabolic Risk and a leading expert in obesity. "You can be overweight and be perfectly healthy." But the reverse is also true. Regardless of body weight, excess belly fat could put you at an increased risk of developing a host of diseases, the No. 1 killer in Canada. That's why experts now believe it's your waist, not your weight, that matters most. And they're encouraging doctors to add a腰围 (waist-to-hip ratio) to their medical arsenal. The trouble: the muscle mass around the waist.

**Abdominal obesity is 'the cholesterol of the 21st century,' says one medical expert**

The dangers of having a thick midsection are by now well-known. Not to be confused with the soft flab you can grab with your hands ("subcutaneous fat" in medical lingo), visceral fat—the hard tissue that pads around the waistline, below the muscle layer—has been associated with a host of health problems, from dementia to some types of cancer. Successes of it can show up ahead, rounded, perched belly to face. "We used to think fat was

just an storage vessel," says endocrinologist Dr. Robert Hingle of the Robins Research Institute, University of Western Ontario (UWO). "It turns out it's also like a gland." And it might even make you fatier. In March, UWO researchers revealed several fat-producing neurohormone Y, an appetite inducing hormone (whether this hormone actually makes the brain to crave hunger has yet to be determined).

Heart disease, which afflicts tens of thousands of Canadians every year, has long been linked to other major modifiable risk factors: smoking, hypertension and a high fat diet. Despres thinks another should be added to the list: visceral fat, which he calls "the cholesterol of the 21st century," while the health effects of abdominal obesity are not entirely understood, it seems to contribute to heart disease by promoting insulin resistance (which causes glucose to accumulate in the bloodstream, and also up the chances of developing diabetes) and initiating inflammatory agents throughout the body, he says. A protruding belly could also signify "you have fat stored in the wrong place," which suggests it could be laid up in other areas, including the heart.

As Despres points out, one person can be fat and healthy, while another is thinner but unwell. That's why documenting where we store fat is so important: visceral obesity is the type that most likely is conducive to cardiovascular disease. Men and post-menopausal women are especially susceptible (why we store fat where we don't notice it is ongoing

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## HERE'S HOW TO TAKE A PROPER WAIST MEASUREMENT



1. Clear your abdominal area of any clothing, belts or accessories. Stand upright taking a mirror with your feet shoulder-width apart and your stomach relaxed. Wrap the measuring tape around your waist.
2. Use the borders of your hands and index fingers—not your fingertips—to find the uppermost edge of your hip bones by pressing upwards and inwards along your hip bones.
3. Tip. Many people mistake an easy feel part of the hip bone located toward the front of their body as the top of their hips. This part of the bone is in fact not the top of the hip bones, but by following this tip spread and back toward the sides of your body, you should be able to locate the true top of your hip bones.
4. Using the mirror, align the bottom edge of the measuring tape with the top of the hip bones on both sides of your body.
5. Tip. Once located, it may help to mark the top of your hip bones with a pen or felt-tip marker in order to aid you in correctly placing the tape.
6. Make sure the tape is parallel to the floor and is not twisted.
7. Relax and take two normal breaths. After the second breath out, tighten the tape around your waist. The tape should fit comfortably snug around the waist without depressing the skin.
8. Tip. Remember to keep your stomach relaxed at this point.
9. Still breathing normally, take the reading on the tape.

### TOO BIG INCREASED RISK?

**MALE** Your waist measures more than 102 cm (40 in) for the general population, and more than 90 cm (35 in) for Chinese and South Asian populations. Many populations have yet to establish the waist cut-off for a healthy waist in the general population (it too can vary, from 80 cm for women, for Chinese and South Asian, the numbers drop to 90 cm for men and 84 cm for women). As doctors are already taught

that's all in an infarct," Klein says. As of now, no committee can't exactly what constitutes a healthy waist—different organizations provide different guidelines. "Using a diagnostician requires having appropriate cut points for what's abnormal," says Dr. Samuel Klein, an obesity expert at Washington University in St. Louis, Mo.

Indeed, a recent U.S. study of autopsy sources showed that waist-to-hip ratio had higher death rates from all causes (including heart disease) even if women's overweight. You'd think, then, doctors would start off every physical by checking the patient's waistline—but in Canada, quite frankly there aren't a lot of doctors doing it," says Marco Di Russo, director of research for the Heart and Stroke Foundation (HSF) of Ontario. Why?

For one thing, it remains one of the most popular waist measurements. "This is a science

for time," until debate in the research community subsides, there won't be a great impact [on waist measurement] at the primary care physician level," Di Russo says.

When a doctor determines a patient's chance of developing heart disease, he or she will usually turn to risk factors proposed in the ongoing Framingham Heart Study, which began in 1948 with a cohort of 5,209 people in the town of Framingham, Mass. Risk factors include those (including the classic, like smoking, static blood pressure and diabetes) that are "widely and gradually" evidence in an individual's chances of developing cardiovascular disease, Di Russo says. But critics complain the Framingham model doesn't take some important ones into account, such as waist size and obesity, for example. "Framingham is one of the best risk engines," says Dr. George Fedor, head of research in the University of Ottawa Heart Institute's Matrix Prevention and Rehabilitation Course. "But we know its predictive value is far from perfect."

Fedor has run his Framingham study of his own. In the early 1990s, he began collecting data from 750 subjects in Newfoundland, and is following up with them today. (That province, he notes, has the highest death rate from heart disease in the country.) Much of the information Fedor has collected relates to metabolic syndrome, a group of abnormal risk factors—including abdominal obesity, blood fat disorders and insulin resistance—believed to be present in about 15 per cent of Canadians. Fedor's work suggests that if metabolic syndrome is itself a risk factor for cardiovascular disease, the Framingham model would have missed about two-thirds of high-risk men in his Newfoundland group ("metabolic syndrome had a substantial improvement" in Framingham). "Fedor," says another, "one or two million people in Canada may actually be labelled as high risk."

But if the predictive value of waist size has been questioned, metabolic syndrome is even more so. Defined as "a cluster of the most dangerous risk factors for heart disease" by the International Federation (IDF), no committee currently can't agree on how to describe the IDG, the American Heart Association and the World Health Organization all provide slightly different definitions. In any case, they almost all include one thing: abdominal obesity, which Heagney, the UHWO endocrinologist, calls "the first sign" of metabolic syndrome. According to the IDG, people with the syndrome are twice as likely to die from a heart attack or stroke (and thus twice more likely to live one) than those without it.

Scientifically speaking, it's clear enough that a fat belly is bad news. For those looking to avoid it in all others, though, laparoscopy—which might make you look thinner—doesn't seem to be the answer. In a 2004 study, Klein and a team of researchers vacuumed out an average of 20 to 40 fat (four times the amount usually removed) from the abdomen of 15 obese women. Up to 12 weeks after the surgery, they found no change in the women's risk factors for heart disease and diabetes. Laparoscopic fat subtraction (not visceral fat), Klein explains—and unlike dieting, which shrinks a patient's fat cells, the procedure "doesn't change the size of fat cells that remain."

Always, the best way to get rid of a patient's excess weight is to be healthy, says Dr. Michael Klein. It's a message we've all heard before, but with a waist-weight loss isn't the end goal. While those small changes in lifestyle might not show up on the bathroom scale, they can do wonders for a gut belly. Diogenes is an exciting ongoing study of 150 abdominally obese men (some results of which he recently presented at last month's first ever subjects work with a dietician and kinesiologist) whose diseases prevent them instead of being told what to eat. After one year, while weight loss was negligible for the most part, subjects about nine centimetres around the waist and decreased their visceral fat by 10 per cent (observed via a CAT scan), no waist lost.

Earlier this year, the Heart and Stroke Foundation distributed one million measuring tapes across the country. The goal was to encourage people whose doctors haven't checked their waistline, Di Russo says, to "force the discussion" with them. But the medical community might want to make more progress. Last year, the Canadian Medical Association, Journalists' Resource were urged to check their patients' girth. Subjects of the ongoing Framingham study now provide waist size, a column that could be included in a future model. It seems a concession is building.

So, step off the scale and grab a measuring tape. A healthy waist, Diogenes says, is "the new waist sign." ■

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**Women with big waists had higher death rates—even if they weren't overweight**



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# IT'S NOT JUST FOR MONKS

## A new therapy uses meditation to prevent depression relapse

**BY GAYLE CALIN** • You can imagine Suzanne Simon's frustration when, after nearly a decade of treating clinical depression, her latest attempt to beat it began with a psychiatrist telling her to continue a regimen. He'd hit the pain of your head, he said. Note the colours. (Brown and purple) is itself in [brown]. Now put the reason on your tongue, but don't chew it. Minutes later, Simon remembers thinking, "This is so infuriating! I just want to eat the thing and be done with it." When she finally devoured it, Simon says, "It was an explosion of flavor."

As it turned out, focusing on a shrivelled grape is the first step toward practicing mindfulness meditation. It is at the heart of a ground-breaking depression treatment that one study shows cuts the chance of relapse by 50 per cent. Mindfulness-based Cognitive Therapy

(MBCT) combines conventional medication such as counselling or prescription drugs with exercise and awareness training. "The reason is a good place to start," says Dr. Zevulun Segal, head of the cognitive behaviour therapy unit at the Centre for Addiction and Mental Health (CAMH) in Toronto, "because it doesn't have a lot of emotional baggage for people."

Segal, who is also a professor at the University of Toronto, began developing MBCT with British colleagues Mark Williams and John Teasdale in the early 1990s as a way of helping people who had recovered from depression to stay clear of it; their first study was published in 2000. Throughout the mental health community it was becoming apparent that such mood disorders were relapsing; even when a person had healed, depression or anxiety seemed to re-emerge—and often with a vengeance. According to The Mindful Way Through Depression, a book by Segal and his colleagues about MBCT, each episode of depression boosts a person's chances of experiencing future ones by 16 per cent.

Simon, 61, knows "Depression," she says, feels like "a black, thick carpet has just rolled up and cut you off from the world." She's struggled with it since 1997. Simon first sought professional help on her own behalf. She's been on various antidepressants. "Zoloft worked the best for me." And experimenting with plenty of treatments. "I was reading like crazy I tried acupuncture and massage therapy, art therapy—anything I could get my hands on because I knew I needed to take on a active role to get through it," she explains.

MBCT has proven to be the only effective way for Simon, an editor and writer, to manage



## ARE YOU DEPRESSED?

Over the last two weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself—or that you are a failure, or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual
9. Thoughts that you would be better off dead or of hurting yourself in some way

|   | Not at all               | Several days             | More than half the days  | Nearly every day         |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Little interest or pleasure in doing things  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Feeling down, depressed or hopeless  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Trouble falling or staying asleep or sleeping too much   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Feeling tired or having little energy  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Poor appetite or overeating  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Feeling bad about yourself—or that you are a failure, or have let yourself or your family down   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Trouble concentrating on things, such as reading the newspaper or watching television  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Thoughts that you would be better off dead or of hurting yourself in some way  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**SCORING:** If you checked "several days" or higher for some of the questions above, discuss your answers with a doctor. Only a doctor can make a diagnosis of depression. Also talk to your doctor if you checked "several days" or higher for (9), thinking that you would be better off dead or wanting to hurt yourself. Having repeated thoughts of death or suicide is the most serious symptom of depression. If you are thinking of harming yourself, get help immediately, make your feelings known to someone who can help you—your doctor, family members, friends. Your doctor is an excellent person to tell.

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age her mental and emotional health. Since enrolling in the eight-week program CAMH in 2004 (one of the initial sessions, which was led by Segal), Simoni has come to understand how to manage her depression—rather than have it run her life. Within a few months, the stopped taking medication. The feelings that used to torment depression had clearly become “something I could manage. In rather than feel overwhelmed by.” For the first time in seven years, Simoni had the tools to cope.

Others have benefited too. A study by Segal, published in the journal of *Counseling and Clinical Psychology* in 2000, found that among people who had received MBCT, the rate of depression occurring was 34 per cent—compared to 66 per cent relapse among individuals who had not gone through the program. Four years later, more studies in the same journal revealed similar results. The findings confirmed that MBCT was a promising “go well, stay well” approach,” says Segal. What’s more, a forthcoming study (as yet unpublished but under peer review) by Schulz and University of Toronto psychologist Adam Antley shows that for the first time, just as MBCT alters brain and body activity to help individuals cope with triggers that otherwise might cause depression, “This isn’t based just on,” says Segal.

**Within a few months of enrolling in the program, Simoni had stopped taking medication**

method of paying attention is the mindfulness part of the treatment. As people gain perspective, they become familiar with the negative patterns that have historically sent them cascading into depression. That’s the cognitive component. “You’re saying, ‘Here are the usual suspects, I recognize that. I’ll watch them, and I’ll pay attention to my body and breath [as an] anchor,’” describes Segal. That helps them avoid another round of mental illness. “Without that people get pulled into it,” Segal says, “they get sucked in.”

To create MBCT, Segal’s team adapted an existing program that had been successful in treating pain and trauma called Mindfulness-Based Stress Reduction, created decades ago by American actress Jon Kabat-Zinn, author

of the bestselling book *Full Catastrophe Living*. MBCT encourages people new insights as “passing mental events” rather than as problems to remain over or fix. It emphasizes transitioning from a “doing mode” to a “being mode,” explains Segal. By focusing on the present state of people, it avoids sending into the emotional quagmire of past traumas or future worries. “It’s a good counter-culture Woodstock,” concedes Segal, “but it’s really just about what we know how to do, which is pay attention, but in a different way.”

If it sounds so easy, then why, besides MBCT, is nothing short of hard work. The therapy requires people to be gentle with themselves. “It’s a difficult thing to do in depression,” she says. And that’s because it’s nearly everyday. The mindfulness components—from a three-second “breathing space” exercise to a 45-minute “body scan”—take practice, discipline and concentration that “when we’re depressed or anxious our attention is hijacked,” notes Segal.

That’s why the therapy is mainly intended for people who are on the mend from depression rather than in the middle of it. Encouraging inattention and carelessness would be like showing people in a pool when they don’t know how to swim, Segal says. But MBCT or mindfulness has been adopted by psychologists at the University of Washington for treating people with other mental health issues such as addiction or self-esteem. And while the program isn’t officially new and only offered at a handful of clinics in Canada, it is gaining recognition in countries including the United States, the United Kingdom and Switzerland.

That mindfulness orientation, which is derived from Buddhist philosophy, is finding its place in North American culture as training in the “real world,” conventional treatments and Western philosophies tend to be atheistic. Segal is careful to point out that MBCT doesn’t resolve or even dispel religion. “It’s an integration of mindfulness and modern Western psychology. We’re not encouraging people into Buddhist mode,” he says. “We’re helping people know how to manage their moods.” ■

**ON THE WEB:** For tips and exercises to try and ease off depression visit [www.ontario.ca/forthehealth](http://www.ontario.ca/forthehealth)



# WHAT'S TOO MUCH?

**Alcoholism is under-diagnosed. Why? It's a hard subject to raise.**

**BY BARBARA EIGHTON** • Whether their beverage of choice is a full-bodied red or an ice-cold blue, Canadians love to drink. In fact, according to the most recent figures from the Canadian Centre on Substance Abuse (CCSA) in Ottawa, alcohol is the psychoactive substance of choice for nearly 80 percent of the population over the age of 15. Most people tend to drink moderately—consuming one or two drinks a day, depending, say, on whether it’s a weekend or a weekday. But a fifth frequently drink a very unhealthy four or five drinks a night. The CCSA puts that number at about seven per cent of the population, or 2.1 million people. “And if that doesn’t appear high,” says Doug Bellamy, a senior CCSA analyst and a statistician, “the problems caused by those people are huge.” Not only do alcoholics lose jobs and destroy relationships, they cost our medical system millions in the treatment of alcohol-related diseases. Alcohol, say experts, goes to every cell in the body and can result in neurological and gastrointestinal disorders, high blood pressure and a whole host of psychiatric illnesses including depression.

In Canada, certainly, selling alcohol is a booming business. During the fiscal year ending in March 2006, beer and liquor stores and the agency reported sales of more than \$17 billion worth of alcoholic products, up more than a billion dollars over two years. Says Dr. Peter Selby, the clinical director of addiction programs at the Centre for Addiction and Mental Health in Toronto, “Does that mean more people are drinking or people are drinking more? It could be both.”

Exactly who is drinking and how much, however, is a tricky thing to document, especially since any sort of survey depends on

honest answers from the drinkers themselves. According to the latest Canadian Addiction Survey, released in 2006, those most likely to have a drinking problem fall into a number of distinct categories. Over all, people who are male, young, divorced, separated or widowed, have a good education and a high income, are likely to drink, but those who abuse alcohol tend to be less educated, young singles. Still, those findings aren’t hard and fast—they are “self-reported,” Bellamy says.

This spring, Health Canada began a new Canadian Alcohol and Drug Use Monitoring Survey (CADUMS). It riches on questions and answers over the telephone to determine the prevalence, incidence and frequency of alcohol, cannabis and other drug and substance

use on the Canadian population aged 15 years and older in order to measure the extent of associated harm. Will the survey encourage answerers to answer honestly? “Sales data tells us more alcohol is being sold than people tell us they are drinking,” says Bellamy. “And people are not buying it and pouring it down the drain.”

One thing experts are sure of, though, is that alcohol is being under-diagnosed by Canadian doctors, probably because it’s a hard subject to name. “The stigma has gone down for depression,” Selby says. “But doctors don’t feel comfortable about asking their patients how much they drink for fear of offending them.” That is unfortunate, Selby adds, because “there is good evidence that a brief intervention by a physician can help people who are drinking too much cut down.” In this Selby has support from the CEO of the most famous addiction treatment centre in the world, the Betty Ford Center in Rancho

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# DO YOU HAVE A DRINKING PROBLEM?



Menlo, Calif., Dr. Garrett O'Connor

O'Connor points to a 2003 Columbia University study that said according to a family doctor study may be "a missed opportunity." Says O'Connor, "It's a terrible tragedy. It's been shown in hindsight that even a 10- to 15-minute chat with a patient can be almost as good as treatment in terms of helping people to stop drinking and stay sober for up to 10 months." O'Connor himself is a recovering alcoholic, and, he says, the only persons who ever suggested he might be a problem was a dentist. Plus, O'Connor says, many alcoholic patients are ambivalent—it's like they want to get help and don't yet get help at the same time.

But when it comes to stopping alcoholism in its tracks, experts say, now is the time. In the medical profession should catch it in the very young before it becomes entrenched. Increasingly, studies are showing that some children as young as 11 or 12 are already alcoholics, and thus the younger a child is when he begins to drink, the higher his risk of becoming addicted. It may be that adolescent drinking actually slows the growing brain. Says Seltby: "That's why a lot of people say if you can delay consumption until early adulthood, you can reduce the risk. Maybe the developing brain just learns more quickly." Or maybe the brain's pathways are altered.

A recent study done at Wake Forest University in Winston-Salem, N.C., has found that samples taken from the superior frontal cortex (part of the brain just above the orbit of the eyes) just before and after the first use of alcohol and rewards chronic alcoholism patients reveal that changes occur at the molecular level. In other words, the brain was irreversibly altered when that first or wholly new "Asia" took a bite, researchers at the University of Texas studying the same part of the brain discovered chronic alcohol abusers changed in programming and corrupted decision-making and judgment. Still, Seltby thinks abstinence is both cause and outcome. "The more genetically disposed you are, the higher the chance that you will start drinking sooner," he says. "And if the pattern in the home is drunk to get drunk, rather than as part of a social or social function, that will point a developing brain."

Whatever the cause, experts like O'Connor say drinking tends to go in waves and right now Canadians are at a peak, but anyone looking to lay the blame on the bottle will have to look somewhere else, he says. "People get older, they do tend to drink more frequently—but they consume less quantity. It's a very complicated issue," adds O'Connor.

The most interesting statistic is one of that the 21 million people in the U.S. right now who have a problem and don't get treatment, 97 percent of them don't think they have a problem," he says.

—With Kate Lauter

**SCORING:** If your answers match three or more of the parenteral answers, a diagnosis of alcoholism is indicated. Two such answers indicate the possibility of alcoholism. Fewer than two answers indicates that alcoholism is not likely. Please discuss the results with a professional, if you are at all concerned.

COURTESY OF DR. GARETT O'CONNOR



## SECRETS TO LONGEVITY

**In the four "blue zones" people live well for a very long time**

**BY CATHERINE O'LEARY** • On the island of Sardinia, less than 100 km west of mainland Italy, very old people are like butterflies. Thus it defuses the fact that their days are mostly spent in bed or in their favorite chair. Otherwise, they eat, and are particularly active days, from time to time, reveal just how much glory these seniors get. "Usually we eat around calendar" inside North American sports bars, says Dan Buettner, but when he was in Sardinia, "it was Cenaciatore of the Month," he writes.

As amazing as a great-grandfather in a species in my hood, his family—let's call him triple-diage—provides one example of the differences between where most of us live and the world's "blue zones." Those are places where people have the longest lifespans. In a new book published by National Geographic, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, Buettner identifies four areas around the globe where this is happen-

ING (PHOTO BY CATHERINE O'LEARY)

ING (PHOTO BY CATHERINE O'LEARY)

ing: Sardinia, Okinawa, Japan, the Nicoya Peninsula in Costa Rica, and Seventh Day Adventists in Loma Linda, Calif. (More zones may be announced later this year.) While "we don't live in the South Pacific on a reservation" like the blue zones' populations, says Buettner, "how we eat and what they do in our houses and communities can [increase] our lifespan by 10 years."

Each place offers different keys to prolonging life. In Sardinia, besides revering their elders, people drink daily glasses of red wine in moderation. In Okinawa, family and friends eat a meal, a network to care for one another. Along the Nicoya Peninsula, people eat a diet similar to what their ancestors ate for the last 1,000 years, comprised mainly of black beans, rice, and a range of root vegetables. Here, they suffice it with simple meals. "It's almost a perfect longevity diet," says Buettner. And in Loma Linda, Calif., Adventists observe a weekly Sabbath "no matter how busy or stressed they are, no matter what's happened in this [God-forsaken]

"The goal," says Buettner, "is to live 90 or 95 really great years and die in our sleep."

**BUDDHA:** Where does one live well and a glass of red wine is drunk daily world," he endures. The result: women live nine years longer than men. California females, however, gain just one year of life than their state counterparts.

Of course, you should avoid any of the Marijuana violations, those involve a long lifespan they wouldn't have an answer. "A 160-year old no one knows how he got to be so old, a still man knows how he got to be old," philosophizes Buettner. So, over a few years, he and his team of researchers identified blue zones using demographic data such as "life expectancy to centenarian rate" (the proportion of a population that lives to be 100) or middle aged mortality. Then they went to those places and observed the lifestyles of centenarians. Finally Buettner aggregated the information and distilled it into nine common denominators that he says make up the formula for longevity:

"The Power 9," as they're called, are assembled in a pyramid shape consisting of Abraham Maslow's Hierarchy of Needs. At the top is the "More natural" category, which says low intensity physical activity should be part of a person's daily routine. Buettner says, "get outside using your house as office" to get more exercise in. Twenty minutes of gentle aerobic, balancing and muscle-strengthening movements four or five times a week should suffice naturally by 20 percent, and add three or four years to your life.

Below it, the "Belong to the right tribe" group focuses on the importance of healthy, supportive relationships, close friends and family. Buettner says that if you've estranged from relatives then you should make amends, and if you don't have an encouraging friend, then you'd better "go searching for one." There's also a emphasis on joining a spiritual community. One meta-analysis of 63 studies examining the link between religion and longevity found that a people who regularly participated in faith groups had a lower mortality by 24 percent. If you do all that, says Buettner, you could tack on four years of living.

To get eight more years of extra life, the next category is "Live well." It's hard in the cross-fit Okinawa culture to stop eating when you are up 200 percent full—or feeling sated. Buettner: "The Sardinians standard of two glasses of red wine a day is also endorsed, as well as a diet light on meat and heavy on plants. Lastly, the base of the Buettner pyramid is the "High contact" group, which can add five years to a person's lifespan.

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**Barely there.**



OKINAWA, Japan: where people stop aging when they are not quite full. He can articulate his purpose in life, or as the Nicoyans say, "Why I walk up the mountain." Baertner points out that all these changes have a cumulative effect in adding years to lifespan, but most work together to provide roughly a decade more longevity.

There is, obviously, hard math to do. On [www.bluelife.com](http://www.bluelife.com) you can take the "Bluelife Compass" test to determine your life expectancy and where you need to take particular care.

But then, what's 47 and is

predicated to live until he's 95 after skipping many of the Power 9, says

gains beginning with the three changes that soon enough to pull off. People should also attempt them with a partner who can offer motivation, and with whom they can hold one another accountable. And, Baertner writes in *Blue Zones*, reward yourself when you achieve any modifications.

ON THE WEB To calculate your life expectancy visit [www.bluelife.com/bluelife.html](http://www.bluelife.com/bluelife.html)

## HOW TO LIVE LONGER

Consider these recommendations, adapted from Dan Buettner's *Power 9* presented in *The Blue Zones*.

1. Add simple activities throughout your day like walking farther than you need to, doing gardening or home repairs yourself, or running around with your children or pets
2. Try eating off of smaller plates to decrease your portion sizes and reduce calories
3. Limit the number of servings of meat you eat in a week
4. Drink a glass or two of red wine most evenings
5. Know your passions in life and take time to enjoy them most days.
6. Take quiet time to relieve stress.
7. Belong to a spiritual community and gather with them regularly
8. Make your family and loved ones a priority. Express that through your actions
9. Surround yourself with friends who have healthy habits and support you in your goals.

If you are doing many of these things you could add up to 10 good years to your life.

Slight improvements to the way you live should produce some results because, Baertner notes, a Danolab study has indicated that longevity is only 20 per cent genetic—the rest comes down to lifestyle. It's a controversial statement because daily discoveries reveal how DNA impacts our likelihood of developing various diseases. But Baertner says that blue zone populations don't have to endure the long, debilitated path to death mentioned in *Blue Zones*. "The average Canadian is going to have 20 to three years of morbidity," he explains, compared to the blue zones where people suffer for six months. By living better, Baertner believes, "you're chopping off the worst of the worst years of your life."

"The goal," he continues, "is to live 90 or 95 really great years and die in our sleep." And then Baertner adds, "Personally after really great sex."

PHOTOGRAPH BY DUSTY PERIN



## Who knew?



In 70% of cases genital herpes is transmitted when there are no visible signs or symptoms.\*

I'm very careful, and I always thought I was doing everything possible to protect my girlfriend from genital herpes. But when I learned that I could be contagious even when I don't have symptoms, I was shocked.

I asked my doctor, and he explained that genital herpes is transmitted through something called viral shedding. Too small to be seen, viral shedding can happen anytime, anywhere in the "boxer short" area of my body. Thanks to my doctor, I now know that I can do more to reduce my risk of passing it on.

THERE ARE MORE WAYS TO REDUCE THE RISK OF TRANSMITTING GENITAL HERPES THAN YOU MAY REALIZE.  
ASK YOUR DOCTOR.

[www.ghWhoKnew.ca](http://www.ghWhoKnew.ca)

\*Based on a clinical study to determine the risk of transmitting genital herpes (GTV) in an immunocompetent woman who has the partner (her DH) and the other clinical. GGT was measured for a preceding 200 days and each symptom was ascribed from 600 to 1000 surveys on the occurrence of herpes. Cluster were calculated on the preferred localization affected by symptoms, taking periods where there were no visible signs as symptoms.



MOTHER and children today: even when she had no idea how they would ever get home, Maxwell has enjoyed simply to be with them.

# MOTHER AND CHILD REUNION

**When her estranged husband illegally took their two daughters to war-torn Lebanon, a Calgary mother risked all to get them back**

In July 2006, Melissa Maxwell's estranged husband, Joe, took the couple's two children, Hannah, five, and three-year-old Cedar, to visit his family in Australia. Two days before they were to have returned to their Calgary home, a family member phoned to say for last safety, the girls' "oranges" for good—*et cetera*—of the Canadian court order that laid down strict custody in Lebanon. Overworn and run down by the Maxwell's "hellish" of Lebanon, they rocketed by the Jordan-West Bank road. On Oct. 13, after months of inefficient court appeals, Melissa went to Lebanon, where she had led the kip of a "secretary team" of Australian and New Zealand ex-soldiers and a high-ranking UN "flair" (she refers to it as the *Genie*). Once the heated Maxwell and Cedar at a recent health of return, Melissa had no more a moment's respite, racing the possibility that her husband might disappear again, and with seemingly little chance of rescue from the girls in the local courts—Lebanon, which strongly supports paternal rights, is not a signatory to the Convention on the Rights of the Child—*et cetera*—she chose to act. The following are

excerpts from Maxwell's dramatic account, right of the *Dragonfly* (Traynor/Cole).

**At 4:35 p.m., Dec. 22,** cycling was ended. One of the guys had been checking to see if Joe's rented vehicle, a brand-new black four-wheel-drive Suburban, had returned. Now the news came that he had arrived, that Joe was at that moment breaking groceries in both him and Maxwell was struggling to close the backdoor of the vehicle. Almost immediately, I watched in Maxwell and Cedar came out to the little park at one end of the road. They were wearing mismatched track suits, their hair was unbrushed, and they looked disheveled. They were walking along the paved pathway toward the sand slides and swings, with their two friends and the many I knew Joe's habits. He would be lying down on the bed, napping or watching TV.

At 5:30 we sat outside [David] Penberth and I settled up the spiral staircase to the sprawling park, we could have been a couple just a couple enjoying a walkabout the trees in the sun began to set on the Bay of Islands

Two calm and focused and done. We walked slowly, steadily, towards the girls, still some distance away. We took our time, even let 15 minutes pass. The men had told me stay calm. No running, no sudden movement. Nothing, they said, causes alarm like sudden movement. Now we were five feet from the enemy. I wore nothing on my head, my hand had flying in the sea breeze. When the girls saw me, I wanted to look the same as ever. My focus was on Hannah, all on Hannah. Cedar, I knew, would follow her.

"Hannah? Hannah?" I called out.

She had this glazed look other feet. I was out of control, and as much as had passed since she'd seen me. This was her mother all right, no question. But what was she doing here? Then pure instinct kicked in.

"Moemaa! Moemaa!" she cried out, and the sun straight in my face and launched herself up into my outstretched arms. Now Hannah was in my arms, and Cedar was right behind her, calling my name. "Moemaa! Moemaa!" It was not unusual that Joe would hear or respond; his window would have been closed in any case due to the cold, and besides, the Lebanon word for mother is close enough to the English. Little girls calling to their mothers was an everyday sound

I told, loud enough for the man to hear and hoping she would be confused by this, "Hey, guys. You're going to come with us for a bit. We'll talk to Daddy after."

I was carrying Hannah, not Cedar. Everything was normal. We walked on, and at one point I wanted to switch the girls, put Hannah down to grab Cedar up. Hannah, of course, was the heavier. But first I asked her permission. Then again going smoothly and I did not wait a second.

"Yeah, yeah," said Hannah.

In living color, my cellphone old friend lay up and had the girls. Nice and easy. David picked it up, and the four of us walked away. We were so sound. The man nodded nothing, said nothing, just stood there. No doubt Joe had made no mistakes of their own—on the run, in hiding. It must have seemed to this woman a perfectly ordinary thing. The girls' mother had come straight and taken them for a walk. What could be more natural than that?

There were no tears. The kids were as good as gold, and they were so happy to see me. It had been 17 days since I last hugged them. Everything we had planned for, I had hoped for, all our care together at once. It was surreal, just surreal. What I did not feel was any sense of victory or satisfaction. It was all so routine, and at my moment, I knew, any feeling of a job well done—never mind

off. Guards had come out, which they do normally do, and one was writing down our license plate. The alarm had sounded.

Two minutes later, as per the plan, some of us transferred into a sedan, a regular car without tinted windows. I took to the back seat between Hannah and Cedar, scratched down low so no one could see us. It seemed like we drove a long time, close to an hour, in gridlocked traffic. Police cars could swarm past, sirens blaring, and we would sit frozen in the car, the girls I played. Dad went further, and books, and books, and did not notice me. For as long as we could remain on the mobile phone until he had no one to hear that night but I, I wanted things to stay light for the girls. Whatever stress and tension I would feel in days to come, I did not want them sharing my burden. We sang songs and played. "I Spy" is a perfect choice, given the circumstances. I had a digital camera with me, so I could show Hannah and Cedar photos of Brittany and Marissa [my parents], my brothers and their Canadian cousins. I had myself, too, so the girls could take turns listening to music. Finally, as we arrived at our destination—an out of the way and empty parking lot at the Hotel Alexandre Another car, a big Suburban with tinted windows, pulled up immediately. It was the General's brother, George, and my dad.

Dad was crying, hugging the girls and

going with them, but I also felt almost sick to my stomach knowing that their father was now looking the same pain and loss I had felt it was not with that on anyone.

Things began to swing wrong almost immediately. Penberth and Jillian's security team member Brian Corrigan were arrested at the Beirut airport as part as they attempted to leave. [They spent three hours in jail in prison before being released.] The shooting would appear imminent. Maxwell and her children had to be here for far longer than she had hoped. Their first try at arriving the country, by boat on Christmas eve, was stalled when the General's driver quit at the port. He late journey was interrupted because a car was shadowed when security was right out at their chosen border point. Finally, on Feb. 20, 2006, after a harrowing week-long trip was reunited with her daughters. However, she made a ten-day filled break for Syria.



**HELLO,** Hannah and Joe Maxwell, security team member Brian Corrigan arriving at Beirut airport after his release from a Lebanese prison.

**Beirut to Damascus**—downward-downward—is a 40-minute drive. But when one home becomes two, then three and then four, I began to worry.

Lebanese officials was looking for us, and so were people working for the Maxwell family. I believed that my own personal safety was at issue if we were to be caught, and my family shared that worry.

I had packed a lot of travel water for the glorified myself, and we would need fire. We had left behind most of our clothes—the last thing I went was baggage. We were trudging through rocky, barren country, and while we encountered soldiers everywhere and security checks, we flew through them without anyone checking our passports.

At one point, we changed into another vehicle. The driver seemed nervous, and I didn't know why. Neither did I have any idea of where we were. You can drive from south Lebanon at the Israel border all the way to the northern border at Syria in four hours,



LEBANON: Brian Corrigan arriving at Beirut airport after his release from a Lebanese prison

the girls—could be snatched from us.

Now things sped up—a lot. One of the guys had stayed in the stallwell, acting as lookout. Carrying Cedar and with Hannah holding my free hand, I led the two girls now ran down the staircase, piled out the van with the tinted windows, and the van headed for the reason's end. The girls and I were tucked in low behind the bench seat, after the paved the long wooden security arm at the gate, we pulled away, but the gap in the back of the van eyed the garagehouse as we drove

everyone there. I had an instant. Distracted out of that pulling out, fast. The girls. Dad and I all piled into the Suburban. There had been an Black Hawk helicopter, no gun drawn, no re-enactments of fingers, no gun escape. Corrigan had not gone unnoticed, though, so later that day we would discover.

But at that moment, even without knowing when and how we would ever get home, there was no place in the world that I would rather have been than that vehicle with Hannah and Cedar. I file such pure joy in

To a part: Beirut to Damascus is a 90-minute drive. Were we driving in circles? One problem, perhaps, was that every time we approached a small border crossing, we found that it had been bombed out or closed.

Finally, all three of our cars stopped at a cheese factory, as I was told, and the men convened. Two men I had never seen before appeared in a tiny sedan. "We're going away," the General said. They then said, "You and the girls are going to go with these two guys. They're family. We took them."

Another weird goodby. The General, his brother George, all the men were crying, hugging the girls and me and saying, "Call us when you get to Canada." We would never have survived without the General and George and all their many contacts. We had been so incredibly lucky to have found these men that I was starting to get very confused. If the General treated these men, then so did I. But mother spoke a word of English, and since I had gotten rid of the cellphone card as a security precaution, there would be no continuing chats with my family along the way. My face, and that of my daughter, was completely in the hands of these two strangers.

We travelled a short way west out of the town, the one not driving, turned to me, in my language, asked for our passports. He looked inside the passports, and, again, through mine—twelfth of the bottom of his right fist into his left palm—said, "Where are the passports?"

We had no stamps. Of course we had no stamps. Why didn't we know that?

We stopped at a small building in the centre of a parking lot. It looked official, with a Lebanon flag out front. The passenger in our car, with our passports, and we drove off. I decided I was not going to worry. I was going to read books to my girls and keep them happy as we sat in a car travelling over a dirt road made mucky by recent rains.

We stopped. I stepped out a man working on a metal road. There were kids playing in the street, men on scooters, and the sun was beaming and cold. We were led across a metal-enclosed metal bridge and there, on the other side of the bridge, was a young woman in her late 20s. She was pretty and smiling and dressed in a jogging suit. It felt good to see another woman; it was not impressive, but, on the other hand, no one had prepared me for this.

Were we in Syria?

"Syria! I," I said her, but I got no reply. The driver of our car whistled and a siren on a motorcycle came straight over and stopped. Hananah, meanwhile, was freezing because

mad had ruined her boots. To avoid the mud of the path, we were—all three of us—carried onto the motorcycle. Four people in a motorbike! Welcome to Lebanon!

We finally arrived at a small house, and entered a room devoid of all furniture. Just mats on the floor and cushions against all the walls. This delighted the girls, who did some crafts and played on the matresses. It was warm inside, with a little fire, and fruit and cake which had been prepared for us. Seven

## HE WAS CAREFULLY FUSING WITH THE HIJAB, AS IF IT MIGHT SPELL THE DIFFERENCE BETWEEN HOME AND JAIL



CEDAR AND HANAH IN ALEPPO last Christmas. The girls spent the Christmas of 2008 in hiding outside of Beirut.

children and the young woman seemed grateful and happy in Arabic. Some sort of fainting game was in play here. The young woman spoke some English and I also tried my high school French. They were asking me questions about my husband and my intention to say nothing. I did not know these people.

She said, as Lebanon, "We can take." You'll sleep here. What's this supposed to be for? Where they staying me? Training me?

"No," I replied. "No."

"No, not Damascus." We'll sleep in Damascus—frank you very much, I said, and was not surprised when they all laughed.

There was, when proposing men in his job,

pulled up in a pedicab trade. He had a plastic artifact, but he looked very tense. I was not to go. Where? And where was IP? Had he said. By now I was feeling both anxious and vulnerable: my bag was back at the car, and I had been a while since I had seen our passports. Still, I knew the General would never put us in danger.

I had been wearing a white scarf, called a hijab, and one of the two men from the little sofa—I took this to be the husband of the young woman—kept coming to me and pulling at and pulling the scarf until it was just so. The General's wife had given me the scarf. Most Muslim women wear a hijab, so I was worried at the long edge of the scarf across my forehead and just above the eyebrows, the ends pulled down and pinned under the chin, then draped over my shoulder. The problem was that I had no pin and the hijab would not stay in place. My solution was to tuck the scarf behind my ear; but no, he wanted the scarf just as it was. He was very, very carefully fusing with the scarf, as if it might spell the difference between going across, or not. Between by big nose and languishing in a dark polo cell.

I felt a rising panic but I once more tried to keep my cool that the General and his men would never have put me in a dangerous situation. The guy in the truck, though,

joined the General's charm. He was all business. I had with me a small bag, with little more than baby wipes and the kids' storybook inside, but he did not want it on my lap. He wanted the bag on the floor. We were driving down a bumpy road on this deadly monsoonal grey day. Houses along the road were modest, the children poorly dressed. Now and again a motorbike would pass and give a nod or a wave. Our driver kept turning to me, looking at me and saying "Shhhhhh."

Now and again, he would motion to me to re-call the rule of my scarf. I was to adjust my hair—my dyed-black, bedheadish—and tuck

it in behind the scarf, the scarf to cover the ears, now replaced. Again, that was close to me, foolishness attached to the scarf. I was not talking, just trying to keep the girls calm but they were getting angry. We had been on the road now for the last four hours.

The driver pulled up ahead. Police. This moment was the most intense of the journey. The man wanted the girls' heads up, but Cedar was hovering off her head. The driver was moving quickly, get that hood back up! Through there were a lot of his hand children in Lebanon. He did not want his blood hair getting attention. He put his hand back on, whereas Cedar had a full-blown three-year-old's tantrum. The driver went on saying, "Shhhhhh." I could tell he was scared. He made a sign, put his hand over Cedar's mouth. I sat back in my head. I thought, if we get pulled over and I just scream, they'll not going to cover my child's mouth to make her be quiet. If that was it, this was it. We were in God's hands.

The driver signalled to me that a van up ahead was driving towards us. "Police?" he said urgently in English. But the van drove right past us and almost immediately we came upon a policeman sitting in a chair outside a small shelter, holding a machine gun in his lap. He did not so much as look at us

when we drove past him. It was like we were invisible, but for 45 seconds I experienced a marching, heart-pounding intensity.

Cedar was still attempting as we passed the policeman. When he has a checkpoint, I now know, was the border I kept my eyes forward, kept riding Cedar's back and saying, "Shhhhhh, baby." "We're done now" and suddenly our driver turned to us and gave me a long smile and a thumbs up. He was a different person now, proof that he had been truly terrified—danger aoy and all the paranoia the General had orchestrated, there was doubt and all around. We were on the clear and now I knew we were in Syria. In that moment, I was angry and glad. I had not been prepared. I would never have agreed to a crossing that seemed so much like a visit and a prayer.

We stopped in a village near a dirt road, and driver a van that pulled up emerged one of the two men the General had assigned to us. He had our luggage and our passports and he, too, seemed relieved and elated at all we were. Now it was off to Damascus in a different cab—another three hours or more. The girl and I sat in the back and played "I Spy." We read books, sang songs. Both girls were by now really tired and hungry and they took turns having napping slowdowns, but I did not care if the driver was miffed. I went on singing,

ang, and sometimes the General's mac—sliding up front with the window—wind off to take Cedar up there and play with her.

Finally, after an hour of getting lost and the cabby having a mope and ask directions, we arrived in the old and the day at our destination: the Canadian embassy in Damascus. I knew that the cousin general's wife happened to have a sister who is good friends with an aunt and uncle of mine in Toronto, Sud. Though I had never met these cousin diplomats, I saw Steve and Carole as family friends living in Syria, which made this a housewarming gift. We arrived, I said good-bye to my car, they were in. Canadian flags everywhere, a picture of the Queen, bracelets—Nugara Falls, the CN Tower—which the girls now went round collecting.

"Hello," said an embassy official. "I'm happy to see you."

Barbara had grown used to hearing a lot of Lebanese, their loud and expressive Lebanese. The language is so general that a speaker can sound angry even when he's not. My daughter looked at us and said, "We've won our swords race. Are we in Canada?"

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Hanah and Cedar to mean little believe in the power of partnering and the benefits of good advice.

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JAPAN ARE YOU WRINKLED ENOUGH TO SHOWER?  
Cigarette vending machines in Japan may soon start analysing wrinkles and counting crow's feet to see if purchasers are old enough to smoke. Starting in July, legislation will require that the machines make sure a customer is at least 20 years old before it lets a user buy cigarettes. The Japanese company has developed a system that it says can correctly determine age since most of 10 using a digital camera and face recognition software.



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# My brilliant, brief career

Women lawyers are abandoning private practice 'in droves,' citing systemic biases. So what are firms going to do about it?

**BY KATE LINDNER** • Monica, a 25-year-old Toronto lawyer with two young children at home, is by all accounts a success. She has struck the kind of work-life balance most professionals only dream of, even finding time to walk her daughter to school before heading to the office most days. This Monica (not her real name) attributes to her firm, which allows her to work flexible hours to spend more time with her kids, but her admirable arrangement has come at a price. For one thing, she says, she gets paid less on comparable projects than her full-time colleagues. Also, she will probably never make partner. "Do I feel like I'm reaching my potential?" No, she admits. In fact, of her colleagues one day decided to pursue a career in law, she says she would discourage them—as she sees it, female lawyers are more likely to choose between work and family, no matter what flexible arrangements are available.

Monica's career may have stalled, but at least she isn't left to grope for private adoption. Earlier this year, a task force of the Law Society of Upper Canada—the regulatory body for Ontario's lawyers and paralegals—concluded that women have been leaving law firms in the "dustbin." Over 50 per cent of law students in Ontario are now women, and yet female lawyers represent only 59 per cent of the province's legal profession, and just 25 per cent of lawyers in private practice. Look to the ranks of partnership, and women are even scarcer: one Massachusetts study pegged the number of female equity partners in local law firms at just 12 per cent. "Private practice has not adapted to [women's] realities, such as children and family responsibilities," the LSUC said in a recent release.

The cost of losing female lawyers is clear. "Some of the best and brightest lawyers are leaving," says Bonnie Workman, an LSUC member and co-chair of its Committee of Women in Private Practice Working Group. And some clients prefer them. In the U.S., large corporations are beginning to request diversity statements of their firms, a trend that's slowly coming to Canada. "A reasonable concern is not creativity," says Veronica Jackson,

professor, an anonymous female lawyer told Wallace. "Our company says it believes in work-life balance and that's an policy. But when it comes to being here after hours to get the work done, if you try to say you 'do it the next day or later,' that would not be an acceptable response."

And appearances are everything. Wallace has met lawyers who leave a partner at their desk before rushing home for dinner—just to prove the impression that they never left the office. Indeed, according to a report in *The New York Law Journal*, when female lawyers with kids are away from their desks, their

PHOTOGRAPH BY JEFFREY M. COHEN FOR THE MONTREAL MIRROR



a U.C.-based lawyer and chair of the Canadian Bar Association's Women Lawyers Section. Not only that, a high turnover rate is expensive. Firms incur a great deal of time and money to teach new lawyers the ropes and train. Studies have put the cost of the loss of a solo or junior associate at about \$115,000.

Across North America, the legal profession is a cause of endless female fight. The LSUC, for example, will vote on May 22 on a wide-ranging series of proposals aimed at retaining Ontario's women lawyers, including improved parental leaves, flexible work arrangements, networking and mentorship initiatives, and a practice focus on programs that would help small firm lawyers manage a load of client work to find a substitute. Meanwhile, other so-called family-friendly measures—like part-time hours and non-salary employment—are popping up in firms across Canada.

It all seems very progressive, except for one thing, experts say: lawyers who actually make use of these policies risk facing a pri-

**THEIR'S AN UNWRITTEN RULE THAT IF YOU WORK "FLEXIBLE HOURS," YOU'LL NEVER MAKE PARTNER'**

fessional dead end. According to a 2006 survey by Catalyst/Canadian group, about one in four lawyers in private practice has used a flexible work arrangement—of these, over 50 per cent of women and 25 per cent of men think it has limited their career.

Maybe that's why in the U.S., where family-friendly programs are standard at large firms, the number of employees who take advantage of them hours at just over five percent. In 2005, FlexTime Lawyers LLC, a U.S.-based consulting firm, conducted a survey with Working Mother magazine to determine the 50 best firms for women lawyers. While only a few of the firms chosen claimed they consider part-time and flextime lawyers for partnership, the survey found the number

of these lawyers actually promoted to partner was "very low"—an average of four per firm over a five-year period.

Lawyers who do make use of these arrangements face additional scrutiny when filing behind—ironically, they often end up working even harder as a result, yet their careers, and incomes, stagnate. In a recent study of 12,000 Australian professionals (including lawyers), Canadian academic Linda Dingley and Chen Higgins concluded that part-time women are often more stressed out than their full-time colleagues. "Women in our study were paid for an average of 20 hours a week,

virtually no impact on a female lawyer's productivity—women bill the same number of hours, whether they work for a family-friendly firm or not. Meanwhile, fathers seem to be filing a bit, the analysis says, those who work at family-friendly firms see their productivity drop, and their leisure time rise.

For women constituting a career in law, one of the most frustrating aspects of female flight is private practice death of income for the top jobs (also her real estate, a 30-year-old Toronto lawyer who recently left private practice, says the few women partners at her firm were actually less approachable

to peer networking has taken off. "This isn't about women lawyers being anti-social," says Chen, who was also part of the advisory group to the LSUC's task force. "They're about making our own culture within the firm."

And that's an important step in preventing female lawyers from bailing. A legal career should be "a marathon, and not a sprint," Chonkin says. Monica agrees. "If you want to be on longer partnership track [and not feature], that should be okay." The firm would benefit, too. Wallace's Alberta study found that women with children over

the age of 12 are just as productive as women without kids—maybe because teens are helping out at home, she speculates. Even so, Julia, the Toronto lawyer, adds, "I'm surprised when I see women who are partners at law firms. I hope really those with children

don't know how they do it." Until the legal profession stops "marginalizing those who never say no," Dubroff says, family-friendly policies—an easier how-will-it-work—seem unlikely to stop theodus of women from law firms. But, after all, it's a business. "A client with a million-dollar lawsuit doesn't care about your two-year-old and his running problems," Higgins adds. So perhaps firms need to hire more lawyers and support staff, critics argue. Or maybe lawyers need to get better at separating a clear "maternity emergency" from change that just won't go away. In the end, almost all agree that the culture of the profession that has no change—so that lawyers who leave the office at 6 p.m., for instance, don't feel disgruntled ("it's not the boss being the bad guy, it's the profession itself"), "will always 'Audit's going to be up to [you],' " says, is that still done in a law office?

John asked himself if that very question, and the answer that came up with was no. She left her position at a prestigious Bay Street law firm last year to take a job as in-house counsel at a bank. She likes the predictable hours, although it's a 9-to-5 job. She likes making work something "where law was the main focus." She's currently considering applying to teacher's college. ■



**FAMILY-FRIENDLY INITIATIVES, like on-site daycare, are popping up in firms across Canada, but few take advantage of them.**

but they actually put in 35 or 39 hours," says Dubroff, a professor at Carleton University's Sprott School of Business. On top of that, she says, law offices had extra family chores to handle. "It's a misconception that family-friendly policies do not help at all," Dubroff says.

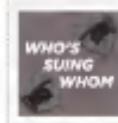
There is, however, one group of professionals that seem to benefit from family-friendly programs: dads. A 2004 study of 600 Alberta lawyers in private practice, co-authored by Wallace at the University of Calgary, found "little support" for the notion that women take these resources to achieve better work-life balance. In fact, these programs seem to have

**FATHERS, NOT MOTHERS, BENEFIT MOST FROM FAMILY-FRIENDLY POLICIES—STUDIES SHOW THEIR LEISURE TIME GOES UP**

then the men. "They had the attitude of, 'I don't want to hear too much complaining, because you don't know how rough I've had it as a woman,'" she says. "There's a premium on roughness. You have to show you can handle whatever goes down your way."

Like co-founder of her firm, McCarthy Tetrault, who has offices across Canada, and one in London, has standard family-friendly policies in place, emergency daycare and flexible working hours. Still, no female lawyers are aiming to move out of their space within the larger culture. One initiative in a women's newsletter, published this month, says a new "Having your career known in a law firm is the currency of power," says Kirby Chen, McCarthy Tetrault's Ontario regional managing partner. "So we publicize ourselves." And because there aren't enough female partners to act as mentors to your generation, perhaps

they're, however, one group of professionals that seem to benefit from family-friendly programs: dads. A 2004 study of 600 Alberta lawyers in private practice, co-authored by Wallace at the University of Calgary, found "little support" for the notion that women take these resources to achieve better work-life balance. In fact, these programs seem to have



**AVASTI'S COUNCIL THREATENS LOCAL PIRATE**

A British Petroleum has been threatened with prosecution for flying a pirate flag in its house. David Maitland, 41, raised the flag to celebrate his daughter's eighth birthday, but the local council demanded he take it down or face a neighbour complaint. Maitland's flag was a fibreglass one (most other flags need to receive planning permission). Maitland has since paid around \$300 in an application to fly the SIO flag. "It's a matter of principle," he explained.



Canada's Olympic hopefuls: No. 5 of a series



Michel Lacroix  
Diving Coach



Zin O'Reilly  
Trampoline Gymnastics Coach



Vicki Zilberman  
Rowing Coach



John McEwan-Labey  
Para Alpine Ski-Cross Coach



Frédéric Léonard  
Handicapped Swimming Coach



Bev Gagnon  
Level QC



Anne Cramond  
Handicapped C.R.



Mélanie Dauphinais  
Martial QC



Justine Morin-Debray  
Alpine Freestyle BC



Bruce Léonard  
Léonard QC



Meagan Jones  
Figure Skating Coach



Amélie Boudreault and  
Ron Ayotte Mountaineering Coaches



Ron Lapins  
Mountain Coach



Mark Jackson  
Alpine Skiing Coach



Jim Whitten  
Swimming Coach



Jennifer Eccles  
Quebec City QC



Jennifer Gidley  
Brampton QC



Courtney Aikins  
Calgary AB



Michael McLean  
Markham ON



Mike Roman  
Foothills ON

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## Eric Lamaze SOMETHING TO PROVE

STORY BY ANDREW GATERHOUSE  
PHOTOGRAPH BY CHRISTOPHER YUNG

Eight years ago, Eric Lamaze stood before a packed stadium at a press conference, and made what seemed like an unlikely vow. "I promise you that I will make it to you as far as I can again, probably represent my country in an equestrian rider." It wasn't clear the then 17-year-old looked seriously this illness over a series of events that had seen him forced to withdraw from his sport - not once, but twice in the space of a month - reinstated, then dropped from Canada's Olympic squad on the eve of the Sydney Games, semi-reduced (Lamaze's darkest moments were a "catastrophic fall," his trainer said at the time.) The apologies to his reliable teammates, and fellow citizens, were brief.

feet. "I will not let you down again, and I promise everyone that I will dedicate the rest of my life to earn back your respect." But what didn't ring true was the notion that Lannan would ever get the chance. Chased from non-Canadian Olympic-star testing positive for cocaine, he was finally freed in the public imagination in a wild ride with a lifestyle to match. The guy who had escaped his rough Montreal upbringing, only to fall back into the muck, the poster boy for wasted opportunity.

This June, Lannan will make the improbable official. Barring catastrophic injury to himself, or his mount, Hukouad, the 26-year-old again the country's top show jumper, ranked sixth in the world and considered a legitimate gold medal threat, still finally becomes an Olympian. "We look at the horse rider combinations, and at the moment you'd have to say that it's Eric and I who did all the work," says Terrence "Terry" McMillar, Canada's chief d'equipe and a member of the selection committee. In 2007, the Scarborough, Ont., based rider rose up the international circuit, earning more than \$1 million in prize money, including a \$175,000 purse at the Masters tournament held at Calgary's Spruce Meadows, the richest grand prix of the season. As the Pan Am Games in Rio, Lannan added an undeniably brazen, and helped Canada to a silver in the team event. He was named the country's Equestrian of the Year. To McMillar, Lannan's inclusion on the 2008 Olympic team (the equestrian events are being held in Hong Kong, not Beijing) is no surprise. "He's a potential medal winner," he says. "Eric's older and wiser. We don't think there's worry about what might go wrong."

It is a moment that cannot come soon enough for the now 44-year-old Lannan. "The Olympics will put the card in the coffin, and bring this story to an end," he says on the phone from Wellington, Fla., his war-torn base of operations. His career, as a rider, coach and horse dealer, has limped over the past eight years, but the public doubts and intriguing questions have persisted. When he first returned to the ring at Spruce Meadows in 2001, some in the crowd turned their

backs, others walked out of the stadium. Even today, it's not hard to find posts on horseback Internet discussion boards from fans who feel his past should disqualify him from wearing the Maple Leaf on the international stage. But the record, Lannan says, like all Olympic hopefuls, is tested but is still out of proportion, says his coach. "The first part of my cocaine test in 1996 was painful tragedy; the second, in the summer of 2000, the result of a depressed and drunken lapse of judgment after he celebrated over the counter cold remedy and then supplement caused him his first 'failure' test. (An arbitrator overruled the initial penalty as 'too harsh,' and later ruled that Lannan's subsequent drug use should not be held against him

because of Eric's circumstances—no father, his mother in prison for drug trafficking, raised by an alcoholic grandmother—but surely not their effect. "I don't think he had the goal to go back home straight," says the coach's mom, still father of a new-time Olympian. "Marnie" (Overall, I think he's a good example that you don't have to be born a influencer to succeed in our sport."

Don Vines, an Oshawa, Ont., horse owner and long-time Lannan supporter, says the rider is among the sharpest people he has ever met. "He's an incredible teacher, an incredible business person and a very determined competitor." Vines's three daughters have ridden with Lannan since the early 1990s; Andie, the oldest, danced for Canary works for him, and still coaches the young one, Andie. The failed drug tests were shocking and disappointing, he says, but should not define the man. "If you graph what he's learned in the last 10 or 15 years, it would be a pretty strong curve."

But, when it comes down to it, the most poignant argument for Lannan's unlikely Olympic rehabilitation has four legs. Everyone involved in the sport seems to recognize that Blackadder, a 12-year-old Dutch warmblood gelding, is an icon-in-a-lifetime horse. The kind of champion Comedians haven't seen since Eric Miller's legendary Big Ben. "We spent our entire career looking for horses. And so many of them have talent, but they lack the drive, or the understanding of why they are out there," says Lannan. "He really does set the importance of the day, the importance of a big event." An explosive yet careful jumper, perfectly suited to Lannan's lightning fast style, Blackadder thrives in the spotlight. An attack of cold that necessitated an emergency operation at the Ontario Veterinary College in Guelph last October seems to be behind him, after a series of solid performances on the winter circuit, Lannan knows what a valuable commodity he has. "For me he's a ticket to the Olympics." And maybe a passport to a future where people will finally forget his rider's past. ■

#### SPORTS LANNAN'S 10 RANDOM ACTS OF GOOD

**Why show jumping?** "I played a lot of sports when I was young, then I got into show jumping and I was drawn to it. It was something I'd be in love with.

**Do you remember your first equestrian win?** My first win was in Marquette, but I really don't remember how it felt.

**Parasitic bugs beside your ears?** Toronto is a sport that I enjoy playing and watching on TV.

**The good/bad pre-competition ritual?** As you know when we do just get to the World Championships, the most difficult part is sitting around all day and waiting for your class to happen. So try to keep myself busy. I enter a shop. Anything to avoid sitting around. I'm not good at that.

**Can you ever take a minute when you travel? No, never and I hate people who do.**

**Do you have a special diet?** I like eating a lot of fish, some pasta. I stopped eating meat for a long time

but now I'll have an occasional steak. **Any guilty pleasure?** I love coke. I eat night. Gordon Grahame.

**Worst moment in competition?** In our level, something that really upsets me is to go off course. At Spruce Meadows, I had a bad round and ended up in a left turn and there was a jump four or five strides in front of me. So not only did I go off course, but the jump was coming on to me. For

**Parasitic infections break?** No. I don't read much.

**The secret to surviving an equestrian disaster?** I don't really think I would go for one of that.

**Do you have any post-competition ritual?** Our room service. I can't compete for a long time. I do a lot of stretching now, and we buy and use a lot of foam rollers. So, I will definitely always be involved within our industry to help young riders and keeping my business alive.

since the rider believed that his career was over (at the time). "It was a mistake, and I've paid handsomely for it. It turned my entire life upside down. And changed things forever for me," says Lannan. "But I said I would come back and that I did have a problem, and I did."

It has, after all, never been a question of his ability. Roger Dutilhure, head trainer at the Centre Equestre de Bromont outside Montreal, remembers the untrained 15-year-old who showed up on his doorstep. "He had that natural feel with his ride. He made moves on the horse that I'm quite sure he didn't even know he was doing, but they worked." Lannan, while firmly schooling mad at one, worked at the canter for three years, polishing his raw talent and developing his technique. Dutilhure says he was



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IT'S A NEW MORNING. BREW SOME GOOD.



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# NEVER CAN SAY GOODBYE

Disco's back and two of its most famous monarchs—Donna Summer and Gloria Gaynor—say there's a reason for that **BY ELIO IANNACCI**

**music**

Separated but paired, 22 solo records, fusing interior India, gold platform shoes. While the show appears to be a champion of a cultish garage cult or bushy-themed church event, it's actually a sign of the times. Yes, eat onions. In this know musicians and music labels slide across starting noisy enough is enough to the obscure date anomalies of self-reliance and the washed-and-played-out up-tempo hip hop (check Justin Timberlake), and are embracing the comeback of one of the most popular styles of music ever since.

At the helm of this retro renaissance are two of the scene's most famous monarchs: Donna Summer and Gloria Gaynor. Both were crowned "Queen of Disco" in the '70s and both are planning to release full-length albums in the next few weeks. Gaynor, whose new CD will feature a 30th anniversary recording of her 1975 smash hit *I'm Your Lover* (she was tapped the *Billboard* Hot 100 at 37%), insists disco's return "is by no means a coincidence." "We need disco more than ever," says the 58-year-old Gaynor, who's been singing for four decades. "Disco," Gaynor says, "is a glamorous break from reality, and we all the toady economic pressures that come with it. They need to reflect themselves from the world's pressures. Look at the *Don Jon* and the *Sex and the City* market! Face it, we are living in a disco *dfa* vs."

Gaynor's main dance floor rival, the 59-year-old Summer, sees another reason for the return of disco's reign. "When I first started singing *Love to Love You Baby*, I was represented women all over the world show their bras on stage during my set. They were showing the intensity you get when you are unashamed. They acted like the bar was the bedroom and felt the need to express that private moment.

Separated. Dissonant. Dislike. Give up records, fusing interior India, gold platform shoes. While the show appears to be a champion of a cultish garage cult or bushy-themed church event, it's actually a sign of the times. Yes, eat onions. In this know musicians and music labels slide across starting noisy enough is enough to the obscure date anomalies of self-reliance and the washed-and-played-out up-tempo hip hop (check Justin Timberlake), and are embracing the comeback of one of the most popular styles of music ever since.

and women. Diana fulfilled that need and gave

just keep forgetting about it," Summer says. "Lucky, it's getting rediscovered all over again right now, but we have to thank the underground who founded, nurtured, and kept it alive all these years for that."

To clarify, the "underground" Summer is referring to is anything to do with John Travolta's *Saturday Night Fever* bikini or the VIP days of Diana Ross selling a whoopee into Studio 54. Rather, she goes back to disco's early days when New York's hip-loft parties were all-the rage, lapped by disco and house heavy disco styles coming from Britain and Parisian clubs, these flesh-and-gel parties were primarily male and, for gay and gay-friendly clubs. The sound was a sped-up combination of soul and funk, which often mixed in strings, gospel voices and authentic choruses. Much of the "loft parties" soundtrack dealt with issues of freedom, sex and sexuality and regularly wove in cheery songs filled with campy—dare I say—*queer* narratives. Whether it was Harlequin-esque romances, hair one-nighters (followed by love hangovers) or the homoerotic rituals of the hot tempos and the *Cassoulets*, these anthems were pivotal to the gay community's developing identity.

One of the '70s underground's fiercest

hip players was Nona Hendryx, lead lyripon and commanding vocalist for the disco trio known as Labelle. Part of us for decades, the original members of the smash hit *Lady Marmalade*, La La La—Labelle—which then sha-



OPPOSITE: DONNA SUMMER

consisted of gospel singer Sarah Dash and Patti LaBelle — with a family lineage of its own, making gospel, funk and rock into its boho-chic shenanigans (the group's signature, space-age image (think Beck Biggs) means Bob Marley) and its progressive lyrical messages (which boil on disco's pleasure-in-politics ethos) make the scene like a moshier. With politically charged dance tracks such as *Studier of Difference*, *Get New Soulshout News* and striking disco versions of civil rights tracks such as *The Revolution Will Not Be Televised*, LaBelle pushed the envelope so far they made history as the first black contemporary vocal group to perform at New York's famous Metropolitan Opera House in 1974.

## 'NO WONDER PEOPLE ARE GOING BACK TO THE CLUB TO DANCE. LOOK AT THE DOW JONES!'

Hamby, who often was dubbed a disco rebel, challenged a number of her peers to push beyond the casual *Love To Love You Baby* line by writing songs that addressed feminism and equality head on. Having just announced the release of her own solo EP next month as well as fall-on-Labellah's own record deal this for this fall, Hamby (who has not recorded in a barn with LaBelle and Dash since the group's breakup 10 years ago), explains the reason for her return: "It's time to start pushing buttons again. Things are getting too conservative."

"We never made music for anyone," says Hamby. "On a sexual level, we always knew disco was provocative and brought people dancing together — from heads of state to rent boys—gay, straight, black, white, whatever. It's who's who that's kind of our counter-culture is starting to build up again in clubs, now, in our early days disco, soul and funk music started out without the acceptance of the gatekeepers. Those radio, television, record companies and manufacturers no longer had the control because it was happening without them—whether they liked it or not. With the internet growing, they are losing control again," he explains. "We can start a movement now in your living room, without a corporate entity as a figurehead like Madonna or Michael Jackson. That's what the younger crowd is doing, rediscovering the roots of disco."

One might ask who's getting known for making the music. In Andrew Barker, 29, founder and producer of the Brooklyn-based music collective known as Hamola and Love After (his band's self-titled disc—which also has tracks in June—contains all the sig-

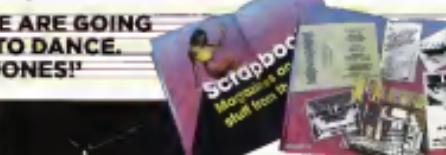
nature sounds of disco strings, keyboard, long-hymns, sharp electronic synopses, heavy bass lines and grooves like rocks). However, critics from all sides and corners have been hailing Barker with similar groups such as Montreal dance floor duo Chameau, British duo Robin Murphy, and New York dance group Juan MacLean, labeling them under a new musical category: "dardisco." "I don't know if you can call it that," Barker says. "Disco is disco music and it can always always change but it always seems new to me. It's like cultural forces. It forces you into a possible future where everything's glamour."

Beyond singers, songwriters and producers, disco is also doing some moving and shaking in the world of fashion and film.

so much buzz that the house was able to press out outfit even before the collision took to the runway. Wimberly himself even sets the label a part for looks either. He's planning to develop a documentary on his man's life. There will also be a biopic of the designer in the works.

After coming up a few months later as well as a musical based on Donna Summer's autobiography, *Ordinary Girl*, although Summer has kept most of the details, she has confirmed that "both stage and film rights have been sold so it will be interesting what gets finished first." Summer says she will have a say in who will be filling her famous silver platform-concerts. "Reported

just did Broadway to me. I'd like to find some-



one young who has their own thing going on like Madonna."

Then there's the documentary *Wild Combination*, currently on the film festival circuit, which tells the forgotten story of the chanteuse's composer Arthur Russell, who died of AIDS in 1996. "After listening to Russell's work I felt compelled to make this film," says its director, 35-year-old New Yorker Marc Wolf. "His one way of making music was to introduce and absorb it all the time. His influence can be heard in so much pop music today."

Keeping the beat alive on the backstreets is the New Jersey-based author French Legrain's newly released and extremely comprehensive *One Night Stand: The Naughty Guide To Disco, Hustle, Flash, Rap and Dance Music*, which chronicles with panache about those stacks of songs from the '70s. A book that took more than five years to complete, it includes dozens of interviews with some of the world's greatest masters and 12-track collections (including Michael DJ Michael Gerber), whose job was editing pivotal tracks in 45s for Canadian radio). After soaring the charts for the most devoted disco fans, Legrain put up his own money and self-published the 350-page guide this past February. To his surprise, a large number of UK orders from the U.S. and Canada have been pouring in and Legrain is in talks with a major publisher. "Finally," he says, referring to the growing fascination with disco, "I feel like the world is catching up." ■



**DONNA SUMMER** is 2007 (Diplo, Patrick Lehrer, Billie Joe Armstrong, Bruce Springsteen)

The famous disco house DJ Hilton—reunited after his founder and head-designer Ray Melvin Freedick (who died of AIDS complications in 1998)—was born in February with the financial assistance of Hollywood star Harvey Weinstein. Known for creating the signature disco look in the mid-to-late-'70s and early '80s, Hilton's upscale club scene was won by the *crime de la crime* invasion of the disco dance floor, particularly Eddie's (Deborah Harry, Thelma Houston, Mr. Big, Love Me This Way) and all the territorial bitter struggle (who remembered Ray dragging his name into one of these great meltdowns, *It's The Greatest Dancer*?). The newly resurrected libidinous fall/winter 2008 collection—created by Donatella Versace's former right-hand designer, Maria Zamboni—struck

as the hits track in June—contains all the sig-



**POTSI** WAS supposed to be the *Next's* best friend, but then the *Poss* turned up. Oh well—he still stayed on *Happy Days* with the rest.

## The Potsie syndrome strikes again

**Some characters turn out to be a whole lot less important than they were supposed to be**

**BY JAMES J. WEINSTEIN** • As the strike-torn television season comes to an end, we haven't seen many new characters, but we've seen plenty of old, forgotten characters who aren't doing much. *Seinfeld* March (Richard Belzer) has left *Law & Order: SVU*, one of the more important characters on the show, was left off of a third of the episodes. David E. Kelley started the season by bringing back regular characters from *Boston Legal*: Ryan (The Officer) was moved to a corporate job and has been absent from several episodes, including one that was written by the actor who plays him. Ur Chana (Jesse L. Martin) was removed from *House*'s team of sidekicks, but stayed on the show in a reduced capacity. These characters and others have come down with Potsie syndrome, named for the character on *Happy Days* who was supposed to be the hero's best friend and wound up marginalized by the unexpected popularity of the Fonz. Every show changes at its pace, and some characters always turn out to be less important than they were supposed to be if they're still there, even if the writers don't always know what to do with them.

There have been many characters throughout TV history who wound up with a larger role than expected, including a few leads: the mother on *Family Ties* (Marlovska Barnes-Barry) was supposed to be the star but got crushed under the popularity of Michael J. Fox. But today, Potsie syndrome seems to mean, because casts have gotten larger while running times have gotten much shorter, and no show has time to give its full attention to every character in it. *House*, which as basically a one-man show, might have had only three or four other regulars if it had been made 20 years ago, instead, Dr. House has a bunch of individuals, most of whom get to do. The character Dr. Chase has been on *House* since the first episode, but he's there mostly because the fans are used to him, and because he has a contract.

Other shows that are ensemble pieces and develop into something else, most of the big stories on *30 Rock* focus on the relationship between Liz (Tina Fey) and her boss Jack (Alec Baldwin), leaving most of the other characters with family but sometimes with subplot. And with *My Name Is Earl* originally established a love triangle involving Carolyn (Nadine Velasquez), this idea was mostly dropped, and the character has been so marginalized that the writers recently tried to revitalize her by making her a love interest: Judith Freidlander, who plays Frosty the writer on *30 Rock*, says that although when it comes to some time, "of course I want as much as I can get," he and his fellow actors don't lobby for more to do in each show. "It wouldn't be fair to the writers to say you have to write every episode so that every actor gets equal airtime off," so Frosty is a very common show and you can't just reinforce rules like that on it."

On *Comedians*, at least, supporting characters will mostly have something to say or do. On shows with serialized stories, character can be reduced to irrelevance, as most

**ACCORDING TO TV: HILLARY'S IN TROUBLE**

Hillary Clinton's laundry was in my state home in Indiana, and again, we're hearing that the Clinton campaign is in financial trouble. They need money, desperately need money. And as a matter of fact, to raise money, earlier today Hillary Clinton entered a set panel contest. —David Letterman

"According to the most recent exit polls, most people say that Hillary should exit." —Jay Leno

PHOTO COURTESY OF UNIVERSAL PICTURES



AND ACTION! Toronto's Don McKellar braved the Cannes red carpet last night, for his movie 'Clean'—but that film didn't open the festival.

## Blinded by the light on the Riviera

**Canadians dazzle Cannes by turning a Nobel vision into a strangely elegant disaster movie**

BY BRIAN D. JOHNSON • As an actor and writer, Don McKellar has walked the red carpet at the Academy Awards and the Tony Awards on three occasions due to the insanity of raising the gauntlet of canaries living the red life inside the Lamont Theatre, the high altar of the Cannes Film Festival. "It's way more extreme than the Oscars," McKellar explains. "It's like going into a canyon a staircase surrounded by, uh, predators."

Dislodge the metaphor as it trails off into an innumerable cut-off sea, he adds. "It's just surreal. The photographers are yelling my name, *C'est bon!* And they don't really know my name—they've been told my name."

McKellar has braved the Cannes red carpet before, most recently in 2004's premiere of *Clean*, but this week the 45-year-old Toronto filmmaker supposes while other strangers of blight with the pretenses of blitheness. The movie, which he adapted from Nobel laureate José Saramago's 1995 novel, was honed and at the opening night gala in Cannes, a discussion held by only one other Canadian native in the festival's 45-year history—Glen Coulthard from 1990. McKellar, who also co-wrote in *Blindness*, the pretense culminated a seven-year quest to bring Saramago's novel to the screen. And the Cannes-based Japanese coproduction allows Canadian filmmakers to bring a new kind of cosmopolitan game.

*Blindness* is a strangely elegant disaster movie. It takes place in a large, anonymous city that's ravaged by a pandemic of instant blindness—a mysterious contagion that bleaches its victims' vision into a sea of white light. Directed by Brazil's Fernando Meirelles (*City of God*, *The Constant Gardner*), the story tracks a group of early victims as they

are herded into vans and quarantined in the filth yards of an abandoned mental hospital.

There, in a makeshift concentration camp, civilization goes to sleep and breeds. A blighted ophthalmologist, played by Mark Ruffalo, serves as the group's penetrating diplomat, guided by his wife (Julianne Moore), whose secret is that the stills have her vision—the blind leading the blind, as one once quipped. Gael García Bernal portrays a Saramago-esque hoodlum who hollers riddles with Canada's Marley Chaplin in his twisted headspace. McKellar plays a weasely thief.

Although Saramago's novel was written 13 years ago, pre-9/11, its resonance prescient, foreshadowing the AIDS crisis and a new millennium of fear. McKellar read the book while penning his own apocalyptic movie, *Last Night*. "Blindness was here," he says. "The image of the fragility of society was so striking. And I was excited by doing a movie about blindness, which is also about seeing. It addressed a lot of film tenet stuff." With producer Nir Fichman of Toronto's Shambala Media, McKellar started *Blindness*, now 85, in the Canary Islands. "We lived in a house of our own design—a volcano with his young, beautiful wife," says McKellar. "The novelists who had resisted horrific Hollywood offers for years, 'was suspicious of the industry,' but the Canadian filmmakers won her trust."

The author visited the very remote set in an amateur metropolis. Shot largely in São Paulo and Graciosa, Ont., the film uses a mix of U.S., Canadian, Mexican, Japanese and Brazilian actors. Imagine the global order of *Blindness* concentrated in a single location. "I'm proud it's a portrait of an international city," says McKellar. "It could easily be Ithaca if you took a cross-section of the subway." The filmmakers also promised to avoid horror clichés. "One time I made the mistake of using the word 'zombie' in the script," says McKellar. "It had a content, but Fernando made sure I removed it."

The film was an unusual choice to launch Cannes, which has tended to open with over-hyped blockbusters known not of competition, like *The Da Vinci Code*. But *Blindness* is also among the 22 features in competition, along with another Canadian entry, Atom Egoyan's *Adoration*. *Blindness* Cannes "made the audience to an optimize job about a bunch of blind, uneducated people groping through their own filth using a primitive, but inspiring from that dysmorphia to the blinding. It's a night allows a certain range," *Blindness*, the allegory is so adaptable," muses McKellar. "Opening a film loaded with alien abject light and vision—it's all very easy to extrapolate. And God knows, they're French, so they should be able to do that."

**ON THE WEB:** For Brian D. Johnson's daily hits from Cannes go to [maclean.ca/cannes](http://maclean.ca/cannes).



WE'RE STALKING

As Brad Pitt's mysterious-looking new tattoo—a map of the New Orleans levee system!—Goes to Cannes, we've been offline over new photos of him in the flesh. As he returned a helicopter, he started to reveal uneven black lines and dots on his back. Experts told *Entertainment Weekly* that the tattoo could be a map of the levees in New Orleans. Pitt has a home there, and the golden boy is working on a major Reconstruction project in the Big Easy.

BRAD PITT'S NEW TATTOO

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CHEF'S CHOICE: The tasting menu at Susur in Toronto, created by chef Susur Lee, who is known for serving the courses backwards

## Death to tasting menu tyranny!

### The imminent departure of Susur Lee for New York means we can eat what we want again

**BY JACOB REICHLER** • When the doors close at Susur restaurants in Toronto late on the evening of May 31, it will signal the end of an era. Not for chef Susur Lee, who despite his unapologetic focus on New York is keeping a profitable toe in local waters in the form of his second restaurant, Lee, and will likely return for day for more, and not for Toronto, which means a comfortable musical lead in its auteur and variety of top chef restaurants. What's officially coming to an end is the tyranny of the tasting menu.

Of course, you can still walk into West in Vancouver or Toque! in Mississauga or Saison in Toronto and a host of other fine places and have a reservation go at one of their multi-course dinner degustations. You can even ask for a la carte. Alas, it is the atmosphere that makes you salivate, you may still walk with the jealousy at your finest local Japanese. But when Susur closes there will not be a single restaurant left in Canada where an innocent diner can pop in hoping for a two- or three-course meal up and be soundly informed by hot water that no, he must instead sit down for five unknown courses, insurance, or perhaps—and should be greatly encouraged to change this to the drowning power of Matsuwa's rather than the drowning power of the Canadian diet.

"People don't want to spend \$100 to \$150 on dinner without having any choice," Mark McEwan said with the anguish that comes with being the most successful propulsive chef in the country (North 44, Bonsai, One). And if you think that's to be nothing more than self-evident common sense, well, that would be forgiven, but also informed, as it was about this: 10 years ago, there were plenty of diners hereabouts willing to do just that.

It started elsewhere, naturally. In 1981, at the Tarte restaurant in London's Docklands, Anna Morozova took the traditional French concept of the elegantly aspired *menu à la carte* and mashed it to the whimsical Japanese tradition of *omakase* to come up with what he called the menu surprise. Among others, Charlie Trotter, a thinking chef and a gastronome, later took up and popularized this culinary juxtaposition in the States. And it was there in Trotter's kitchen in Chicago in 1997 that Bob Flamm decided to give his own-year-old restaurant Lumière a rethink and start offering a choice of complete tasting menus instead of individual menu items.

By then the multi-course meal ala carte was already accounted for more than half of the meals prepared by McCormick Laporte at L'Assiette à Moules. And while Susur restaurants opened in Toronto in late 2000, tasting menus in winter were popular at all of the top restaurants like Splendido, North 44, Scaramouche, the Fifth, Canoe and Avalon. By the time Perrier opened in 2001, serving nothing but blind tasting menus of up to seven courses, those at Susur were running 10 or more, and backwards, a concept Lee presented as revolutionary, never mind that it alluded, as modified, from Bellaterra's *The Physiology of Taste*, published an 1855. Meanwhile, across the country, the tasting

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PHOTOGRAPH BY JEFF KATZ

# SOME OF THE WORLD'S BEST WRITERS. IN ONE COLUMN.



ANDREW COYNE  
PAUL WELLS  
SCOTT FESCHUK  
MARK STEYN  
BARBARA AMIEL



# PAUL WELLS



# SCOTT FESCHUK



# MARK STEYN



# BARBARA AMIEL

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# MACLEAN'S



With that lesson learned, the account shifted to the 2014-15 school year, which began in September.

**This album brought to you by—you**

**Who needs labels and A&R? Today bands are turning to a new funding source: their fans.**

**THE BRITAN SINGERSHOP** • It's unlikely we'll see Walter Slezak's name on the Grammys' red carpet or rubbing shoulders with George West, but that doesn't mean this 36-year-old Austria can't be the world's next megastar. An innovative songwriter (he's produced by Daym) Slezak has given up a career as a classical violinist to pursue a career as a songwriter, performing, composing, touring, and, most recently, developing them. No, he doesn't! "I work for a major label in his spare time, in fact, he's hardly involved in his local music scene at all," says a keen-eyed record executive, this Van Morrison fan along with thousands of others across the globe—a coupling up big labels to help his favorite artists venture into the recording studio.

Businessweek put 21 releases at a total of \$16.08 billion through September, 2001. The new CEO did not think that less people "invest" at least \$40 in an effort to help kick-start their careers. "It's an act so likely enough to raise money," the music management self has a producer, book recording artist and help develop and market a CD, the first generation to buy them a copy of the finished product. He also gives a chance to make a profit. "Technology accepts between the band, the act and the "believers." "We've been called the record label of the future," says Steven Wiesenthal, Sire's CEO and *Entertainment Weekly* magazine executive. "We don't make decisions on the press, but we release the record and distribute the music."

Essentially, Schafford—and U.S.-based *Devotionspassion*, a similar site that helps artists raise \$30,000—cuts out label funding and lets *AdR* executives who find and develop talent, giving them the chance to decide which of its most deserving artists recording career

"We've turned everyone into their own label," says David Courter-Dal, Stockman's CEO and founder.

Even more established artists are turning them down and avoiding the big label circuit in the process. (In 2001, a quirky, up-and-coming singer-songwriter originally signed to a major label in the mid-'90s, *In the Aeroplane Over the Sea*, has been on two majors and one indie, with her last label going bankrupt, rather than finding yet another label to help record, market and distribute her disc, turned to her label fan base for support, raising a fanfare funding goal of \$75,000. It wasn't before long—\$35,000 in advance—when you in the liner notes and a hand of the finished product—named *post*. The album, which was due in June, 2002, has since been re-recorded and is being worked on again.) After 3½ days *Sobolev* was sold, he says, "I was exhausted."

With industry like this, well... many established industry players—including small labels, however—have funding concerns. "It's not the direction I would go, but we would," says Trevor Laroque, head of Sony's Paper & Plastics. "It can't be a long-term strategy, though. It needs to be a short-term strategy, a plug-and-play everything else one place."

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**CLAY AIKEN: "HAS SOMETHING TO SAY**  
And you are *the real me* / Hiding in my skin, because traps wait  
/ I've never been completely free / I'm so hopeless my grace / No need to  
mask my feelings / Oh, because you set the *reins* / Flawed on, life  
is bottled a *wish* / Self-satisfied *sheer illusions* / I've tried of the  
song and dance / Living a *charade*, always on *parade* / *What a mess* / I've read of my *misfortune*—The *Real Me* from Aiken's new  
album *On My Way*.



THE FARMER IN THE SKY: Ward Tolton grows produce on the roof of a condo. Plus in and let's give you a discount on your vegetables

## In the event of food shortages...

**In Vancouver, a Saskatchewan-born farmer teaches urbanites how to till the earth**

**BY JESSICA MCKINSELL** • Chicken and turkey farmer Gavin Guppy on B.C.'s Bowen Island sells five roosters for a dollar each. "Makes a delicious single serving," reads his ad on Craigslist. Guppy raises hens for eggs and doesn't need the roosters. He'll deliver if you live in the Comox Valley. All you need to do is kill the hen. "Stan it with a piece of banding," he recommends. "Then either chop its head off or cut the vein in its neck with a knife so it bleeds." Of course, "it has to be plucked," he adds, "which means dipping it in just a bit of water to strip skin, then slitting there plucking the feathers out."

Guppy's not laying off his business about food shortages and skyrocketing grocery prices, and he gently mocks some of his fellow homeowners who've recently formed "poor co-ops"—anxieties that are part of a global food shortage. "Any fool can grow a potato," he says. "You don't need a lot of room and you can grow a lot of potatoes. So I don't know why you'd need to grow your resources."

Still, members of the newly formed potato group held an unrigged seed-planning, ribbon-cutting ceremony on April 26. They plan to till a communal plot and share the food it's not used on Bowen Island, where 25 residents just paid \$10 each to join. Gobbel's own sustainability-obsessed squat on up. "Arend vanheijen of an unpreceded global foodie," reported the local *Gulfside Smasher*, resident Peter Anthony said. "We can do this. We can grow our own food, help each other out and take care of ourselves."

Islanders aren't alone in doing B.C. residents an audience to grow their own food. Backyard farming is spreading, like wild fires across the province. The *Tyee* online paper reported last week that "against a backdrop of global

food shortage and the spectre of five-dollar lobsters at the checkout... many western Canadians are turning up their lawns this spring to plant vegetable gardens."

In Vancouver, Saskatchewan-born farmer Ward Tolton leads the way in showing city dwellers that farming isn't just for the rural land-rich. As Guppy says, anyone, anywhere, can grow a potato. Tolton's proving it with his latest project, floating on top of a condo in the centre of the city.

It's a pun on a weekday when Tolton meets Vernon Battersham, a now-canonical, in the lobby of this 16-unit building. They check it with security, then do the elevator to the top floor. Battersham says he read about Tolton and got interested in his condo-share program. Tolton sells boxes of fresh vegetables to the public if you're willing to pay in 10-hour shifts. He takes \$60 off your vegetable bill.

Battersham graduated from York University with her master's in local food systems planning. A month ago, she and her boyfriend moved to Vancouver from B.C. "What Ward is doing is really innovative," she says. "I don't know of anyone anywhere else that's doing that in North America. I've never heard of farming on top of a condo. It's not something you'd think of, too."

Tolton and Battersham step off the eleva-

tor and out into the wind and cold. "They're building another condo over there. Lots of jacking around," Tolton yells over the noise. Up here among the mixed beds of soil, Tolton pants about with irrigation tubes and trays of endive, beetroot transplants. He trays and runs his fingers through them. The beds are unusually deep, he's already got three beds of potatoes growing, and beans and carrots, and radishes.

"How are you with a pedophile?" he bellows at Battersham. "If you can just clean and dig some of this stuff up. This bed was all full of crazy houseplants that people stuck in here for some ungodly reason. So if you find anything that looks nasty, pull it out," he says.

Tolton doesn't know why more people aren't growing their own food. "There's tons of great soil in the city," he says. He offers walk-ups to teach city farming skills to complete novices. He believes urban farming is a viable career and estimates he can get a \$1000 worth of produce from the top of his condo—space he acquires free from the owners. "You should see my garage," he laughs, "big, juicy, crispy leaves that wrap."

He pines for a tractor, and looks up to survey the glassed-in living rooms of the condo dwellers in the taller buildings towering over him. "No doubt somebody's got to till and plant a few vegetables but so far it hasn't been a big issue," he says. That's another beauty of city farming here. There've never been "these 100 pairs of eyes looking down."



**HOST IMPROVED** • **LINDSAY LOHAN**  
The 27-year-old actress has been arrested twice and spent almost as much time in rehab as on the set, but she finally seems to have a regular job. On May 22, the will appear on the season finale of *One Tree Hill* as Riley, a mean girl Betty went to high school with. The show's producers say Lohan was "terrified to work with" her but has already been asked to come back for the sophomore next season.

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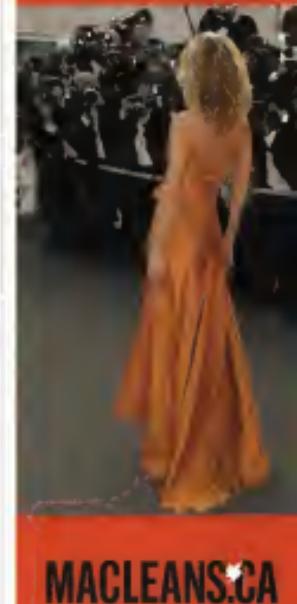
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BALMAN MUSHTA'S novel is based on his life in Bradford, England, in 1989 after the Ayatollah Khomeini issued a death sentence on the writer

## I'm starring in one of those movies

**You know, the one where only the maverick investigator knows something scary's going on**



MARK STEYN

Many years ago, I proposed a feature to an editor about a new trend—an I read, it was celebrities swearing oaths. I wanted to be the first with the big “The Crash is Back!” weekend plangent. Anyway, she demanded to know the evidence for that trend. And I read Telmo Dawson swearing in the Beatles and Roger Moore swearing one to go to heckling in Belie. Or possibly vice versa.

And...? she and coldly

“So, what do you mean—*and*?”

“Mark, Mark, Mark,” she sighed. “How many years have you been in journalism? It takes three to make a trend.” And the same may go with a film in my ear and an undertaking not to return and Prue Edward had been spotted swearing a rousing of a film performance of *Platoon* of the Open. Or vice versa. We’re making a general point here, so let’s not get hung up on details.

Here’s the thing: two years ago, the then Supreme Court of Canada took The White Pages to stand trial. The White Pages are standard to the Alberta “human rights” commission for republishing the Dutch Multicultural cartoon. A few weeks back, the Canadian Islamic Congress took Alberta to the Canadian, Ontario and British Columbia “human rights” commissions for publishing an average from my bestselling book, *America Alone*. Last week, the Centre for Islamic Development took the Halifax Chronicle-Herald to the Nova Scotia “Human Rights” Commission for publishing an editorial cartoon of a, ah, person of an Islamic persuasion.

Have we got a trend?

This is the way it’s going to be in Canada. You can’t blame Muslim groups for figuring

that what’s in store for the unfilial is to sue for the believe—and that, having bigger fish to fry, they’re gonna need a lot more money.

The first three organizations taken by Jewish groups to the federal “human rights” commission were the Women’s Guard, the Church of Jesus Christ Christians/Asryan Nations and the Manitoba Knights of the Ku Klux Klan. Despite those famous names, none of these clear and present dangers to the presentable kingdom had anti-house legal departments, or a spare thumbed backs to return outside counsel, or indeed a book and a quarter for the bus ride to the hearing. By contrast, the Muslim lobby groups (first three files are Canada’s newest political magazine (*The Western Standard*, whose print edition has since ceased publication), Canada’s oldest and biggest-selling newspaper (*Maclean’s*), and the big gay daily newspaper in the Maritimes (*the Halifax Chronicle-Herald*). This is an entirely different scale of project. Muslim lobby groups have very shrewdly realized that the “human rights” commissions are the quickest, cheapest and most effective means of applying pressure to mainstream publications in order to put Islam beyond discussion—or at least beyond all but the most pugnacious-humorous celebrity-dramedy discussion.

When it was years truly and Es Devlin, the publisher of *The Western Standard*, took the heat, it was easy to write off as a couple of right-wing blowhards. Merely because wrote. But the intransigent churl at the *Chronicle-Herald*’s Bruce Maclellan, a cartoonist who’s won an Atlantic Journalism Award and is the very soul of moderation. Also for him, the head of the Nova Scotia “human rights” commission is a fellow called Michael Nozick, just heard from running his job to that of the South African black who stood up to “the pickboots of the state” in the Sharpeville massacre. In other

words, he seems just the sort of enlightened soul who’d be happy to do the Centre for Islamic Development’s bidding and place the Halifax Chronicle-Herald’s editorial content under government regulation—oh, as he would say if he were less hubristically an self-aware, under “the pickboots of the state.”

Discussing the Muslim’s case recently, the blog *Dead Redundant* observed of our complainant:

“They think they are entitled to three Maclellans to simply allow them to publish what ever they want, and if they can’t get it by bullying Maclellan’s they’ll get a government agency to do it for them.”

“This is no *Mulholland*. If you want to accuse somebody of an Islamic enemy of effecting Islam, you go to an Imam and get them to issue a fatwa against the offender. In effect, the church-state commission substitutes for the Imam and issue the fatwa.”

There’s something in that. The Ontario Human Rights Commission’s drive-by conviction of Maclellan was, indeed, a kind of fatwa—a powerlessness from doctrinal authority. In this case, the doctrine is political correctness, but, as far as the majority of citizens presently align with the Muslim lobby. Many of us regard the “human

rights” commission that are analogous to traditional news media in their right to freedom to ridiculous. This argument is misleading. The defense of truth and fair comment that are available to traditional news media in turn carry no freedom to ridiculous. This

regardless of the medium in which they appear. However, none of the traditional media can avoid *theft* of these defenses in cases of alleged hate propaganda, whether the communication appears in print, on television or on a website.

“At the Federal Court, he explained, defenses that may be available in other contexts are not available in cases of hate propaganda because the prohibition is concerned with adverse effect, not with intent.”

My take: Also, my sprayed cocaine. And my swimming pants and wrinkled couch.

The government rarely expresses it that brazenly. Especially the little minister of a supposedly Constitutional government! By the way, by “adverse effects,” they mean not anything that’s actually happened but something that might potentially theoretically hypothetically happen maybe a decade or four from the road. If you create a practice engine dedicated as a point of principle on freedom for objective reality, it’s no big surprise to find perpetually aggravated Muslim lobby gun up eager to avail themselves of it big time.

If you’re an editor or a publisher, Canada’s “human rights” regime is building a world in which the only chance on your team of public debate is between state censorship or self-censorship. In Toronto last week, I had lunch in a fashionable eatery on Yonge street with a former editor who couldn’t say what all the fuss was about. “You need to take a stand,” he said. “Write about a movie.” From now on, I’ll have to do that. Although the *Halifax Standard*’s legal team will no doubt protest that all they want is a “right of reply,” when the British Columbia “Human Rights” Tribunal finds us guilty, they are statutorily obligated to issue a cease-and-desist order that will have the effect of preventing Maclellan from running a writing or blurb by me or anybody of mine for him—even though the plaintiffs have not challenged the accuracy of a single fact or statistic or quotation.

So here we go: I’ll be harassed from the *Chronicle-Herald*, which will undoubtedly be challenging to my legal reader (I am the singularly advised). Just a year or two ago, the *Chronicle-Herald* was the *Chronicle-Herald* in *halibut*, and he pushes another pun at the tag and goes “Yours” thoughtfully.

But he still can’t get his colleague to see that something’s going on. ■

## McLELLAN'S BESTSELLERS

COMPLIANT BRITISH SCUMS

### Fiction

1 **CARELESS IN RED** by Mark Steyn

2 **THE MIRACLE AT SPEEDY MOTORS** 1140 by Alexander McCall Smith

3 **UNACCUSTOMED EARTH** 310 by Jennifer Heaton

4 **A THOUSAND SPLENDID SUNS** 4440 by Khaled Hosseini

5 **THE CELLIST OF SARAJEVO** 4440 by Steven Galloway

6 **REMEMBER ME!** 700 by Sophie Kinsella

7 **UNCOMMON TRADES** 810 by Alan Bennett

8 **THE GIRL OF HIS DREAMS** 5140 by Emma Donoghue

9 **THE ENCHANTRESS OF FLORENCE** 0 by Emma Donoghue

10 **THE SEALED LETTER** 7140 by Emma Donoghue

### Non-Fiction

1 **WHO OWNED CANADA NOW** 1490 by David French

2 **AJAHN BO** 0 by the late Ajahn Bo

3 **THE LIVES AND LABOURS OF HIS FATHER** 2160 by Mark Steyn

4 **THE LAST LECTURE** 0 by Randy Pausch

5 **MACHIAVILI** 410 by Rasha Ghazale

6 **IN THE REALM OF HUNGER GHOSTS** 4130 by Gabor Maté

7 **AN IMPERFECT OFFERING** 0 by James McPherson

8 **THE MAN WHO LOVED CHINA** 0 by Timothy Mo

9 **APPRAISALS** by Terry Jeffer

10 **MUSKOPHILIA** 0 by Oliver Sacks

LAST WEEK CHECKED ON LIST



**WHAT IS WRONG WITH MARK STEYN?**

STEYN DEBATES HIS OPPONENTS ON TV

down the line, many other sub-subscribers to *Maclean’s* and the *Chronicle-Herald* and even *the Globe* and the *Toronto Star* will be wondering why their annual sum of global no longer seems to merit a seat at the table in the public square. In 1988, Maclellan who objected in *Salman Rushdie’s* *Shame* to the author’s “blasphemous” caricature of the Prophet Muhammad, was so outraged by the book that he loaned his novel in the streets of England. Two decades on, they’ve figured out that it’s more efficient to use the “human rights” commission to burn the offending text metaphorically, discreetly, offstage... and (almost) for free.

Face my old comrades, I don’t need to see a movie because I’m in one. We sit at that point in the plot where the maverick investigator takes the oil-swinging chieftain example of *Platoon* open his hands and say, and he pushes another pun at the tag and goes “Yours” thoughtfully.

But he still can’t get his colleague to see that something’s going on. ■

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See Scott age. See Scott turn into Andy Rooney.



SCOTT FESCHUK

As a respected columnist in a weekly magazine—rarely more than 10 per cent of adjectives used for it in this sentence guaranteed accurate—it is an unavoidable fate to grow increasingly outmoded, even more like Andy Rooney, until the photograph in the last month or so volume shows only a thick tangle of greyish hair and my middle finger.

Which brings us to the first installment of What the Hell's Wrong with You, Bob, and Other Reasoned Observations. This feature will run every few months until my 65th birthday, at which time it will run every hour on the hour.

What the hell? Part 1. So people are still buying *The Secret*, are they? I know. Take it from me if you really could raise your heart rate desire come true simply by asking the Universe for what you want, then Ryan Seacrest would long ago have plummeted into a deep pit, landing on top of Richard Gere, from *Dreamgirls*, everyone who's ever bought a dumb CD, Robin Hood and *Rock of Gibraltar*.

But please go out and buy my new book, *The Other Secret*—which reveals that the Universe is forced to respond not only to your needs but also myriad random requests. That it can pick up your raisin bread and, if you like nicely, stand in line for you at Starbucks. *The Other Secret* is the perfect gift for anyone who bought *The Secret* but was a little depressed there was nothing in there about the Universe making your bed for you.

What the hell? Part 2. So rock stars are all unconscious and have no idea like us, they'd think. In my day, we expected such ignorance of rock stars that blushing 12-metre guitar solos, creative fusions into disarray and some good old fashioned night partying. Back then, they had a few more ways for doing things like inserting the cremated remains of a deceased parent, it was called *Thursday*.

What the hell? Part 3. So now humans are no more than monkeys, are they? I said so. Research comparing human and chimp DNA has revealed that we share 99 per cent of our gene sequences, 93 per cent of DNA and 70 per cent of our total genome... But a gosh-darned sure we're a more god-damned that can cause massive retardation in humans doesn't it? monkeys, which suggests their brains can adapt in a way that human brains cannot. It may also explain why so few monkeys watch *The View*.

What the hell? Part 4. So some people are still nudists, are they? I know. The American Association for Nude Recreational—which represents clubs and resorts with more than 50,000 members, none of whom ever have a tan on them—estimates that more than 50 per cent of American nudists are older than 15, and the median age is 31. July 4th! And I thought that so-called lifers had cornered the market on grandfather beds-couch. Call me old school, but I don't understand why people would pay \$300 to join a nudist camp when you can take off your clothes for free down at Old Navy and get a comfortable tushie in pink.

What the hell? Part 5. So now they're making ray glasses for dogs, are they? I know. Doggles offers head gear, pink fluffy dusters and, yes, shatter-proof sunglasses in 14 different colours—slidderdash for canines.

La la la, I don't understand how evolution works. But let's say, for the sake of example, that dogs are evolving in such a way that they'll acquire the power of speech in 10 million years. I'm willing to wager that being outlined in leather-and-diamond-encrusted fur hats with elastic ear loops would be humiliating enough to acclimate the species a little. What do I mean by a little? I mean

I don't get how evolution works, but at this rate dogs should be talking by next Tuesday

sunrise ever. On the upside, statistics show that more babies are watching TV than ever before. *Caring about DE...*

*Hormone Caine* [removing sunglasses]: Whadda we got?

*Detective*: It ain't pretty. They set up several rabbits and enter a space-age dwelling. Come on in sunglasses back in.

*Caine* [removing sunglasses]: Sweet misery. Purple for everywhere.

*Detective*: Green one says it was an acid dream. Says that... [inaudible] [sighs] Mr. Wally stuck in his area to fix the tubbycurious machine and...

*Caine* [puts sunglasses back on]: This [inaudible] sunglasses was no accident.

One of the opening credits for *CSI: The Suburb*

What the hell? Part 6. So some people are still nudists, are they? I know. The American Association for Nude Recreational—which represents clubs and resorts with more than 50,000 members, none of whom ever have a tan on them—estimates that more than 50 per cent of American nudists are older than 15, and the median age is 31. July 4th! And I thought that so-called lifers had cornered the market on grandfather beds-couch. Call me old school, but I don't understand why people would pay \$300 to join a nudist camp when you can take off your clothes for free down at Old Navy and get a comfortable tushie in pink.

What the hell? Part 7. So now they're making ray glasses for dogs, are they? I know. Doggles offers head gear, pink fluffy dusters and, yes, shatter-proof sunglasses in 14 different colours—slidderdash for canines.

La la la, I don't understand how evolution works. But let's say, for the sake of example, that dogs are evolving in such a way that they'll acquire the power of speech in 10 million years. I'm willing to wager that being outlined in leather-and-diamond-encrusted fur hats with elastic ear loops would be humiliating enough to acclimate the species a little. What do I mean by a little? I mean

I don't get how evolution works, but at this rate dogs should be talking by next Tuesday sunrise ever. On the upside, statistics show that more babies are watching TV than ever before. *Caring about DE...*

*Hormone Caine* [removing sunglasses]: Whadda we got?

*Detective*: It ain't pretty. They set up several rabbits and enter a space-age dwelling. Come on in sunglasses back in.

*Caine* [removing sunglasses]: Sweet misery. Purple for everywhere.

*Detective*: Green one says it was an acid dream. Says that... [inaudible] [sighs] Mr. Wally stuck in his area to fix the tubbycurious machine and...

*Caine* [puts sunglasses back on]: This [inaudible] sunglasses was no accident.

One of the opening credits for *CSI: The Suburb*

ON THE WEB: To read *Five o'clock in the Future* with its blog, [www.macleans.ca/fiveclock](http://www.macleans.ca/fiveclock)





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